Chichester Herald

Friday 12th July 2013
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CAT AND RABBIT RESCUE CENTRE
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Win tickets to see The Internship
COMPETITION
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The soya debate goes on
HEALTH & BEAUTY
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Sexual abuse apology

>> *Calls for a 'complete change of culture' in the Church*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

THE CHURCH of England has formally apologised for past child abuse by Anglican priests and its own "serious failure" to prevent it – after the cases of two priests – Roy Cotton and Colin Pritchard – who abused several children during the 1970s and 1980s, prompted an inquiry by the Archbishop of Canterbury's office into safeguarding procedures in the diocese.

The ruling General Synod, meeting in York, endorsed a report apologising for abuse in the Chichester diocese.

The General Synod was asked to back an apology issued by Archbishop of Canterbury Justin Welby and the Archbishop of York Dr John Sentamu after a final report into child abuse scandals in the Chichester Diocese published in May revealed the extent of safeguarding failings by the Church.

During a debate at the University of York, the Most Rev Welby called for persistent action and a "complete change of culture and behaviour" in order to combat clerical abuse.

Members of the General Synod voted to issue an expression of regret for the failure of the Church to not only prevent sexual abuse, but for also "condemning survivors" by refusing to listen to them.

They also backed moves to introduce more stringent child protection arrangements.

The Rt Rev Paul Butler, Bishop of Southwell and Nottingham read a statement from the Stop Church Child Abuse Group (SCCA), a coalition of survivor...

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Dr Justin Sentamu, the Archbishop of [illegible] and Most Rev Justin Welby

MORE HEADLINES >>

THE UNIVERSITY OF CHICHESTER LAUNCHES MULTI ACADEMY TRUST *Page 3*

HISTORY COMES ALIVE AS THE NOVIUM CELEBRATES ITS FIRST BIRTHDAY *Page 10*

STUDENT CROWNED "BEST IN THE WORLD" AT WORLDSKILLS COMPETITION *Page 18*

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JUNE EVENTS

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TALK

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Time: 9-11am
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Local News

The University of Chichester launches Multi-Academy Trust

THE UNIVERSITY OF CHICHESTER has announced that it is to establish and operate a Multi Academy Trust for between 30 and 40 sponsored and converter academies across Sussex, Hampshire and Surrey. Chichester Academy Trust will be based at the Bognor Regis Campus and led by Director of Academies and Chief Executive Officer Dr Alan McMurdo.

The development has been endorsed by the Department for Education (DfE) and supported enthusiastically by the University of Chichester's Board of Governors. Vice-Chancellor Professor Clive Behagg said: "It is a natural step for us to become involved in the academies programme. The University has a heritage that goes back over 150 years in the region and we've been training teachers and innovating in education from the beginning. We believe that education and knowledge can inspire and act as a catalyst for change, and that we should play a role in enabling people to exceed their own expectations. We have a responsibility, as a University rooted in the locality, to lead social, cultural and economic renewal through education."

Dr McMurdo said: "Every academy will be different, with a distinct identity and a unique set of strengths and needs. We will support every school, and they will support each other, to make sure that every pupil receives an excellent education. Children have one chance at a fine schooling and we are determined that 100% of our teachers will be good or better and 100% of our pupils will outperform national progress levels."

Alan McMurdo (Director of Academies (left) is pictured with Professor Clive Behagg (Vice Chancellor of the University of Chichester at the launch of Chichester Academy Trust

Dr McMurdo confirmed that Frogmore Junior School near Camberley in Surrey and Mill Chase Community Technology College in Hampshire will open as CAT academies in the upcoming autumn term. A new build Primary School at Berewood, near Waterlooville, will follow in September 2014.

Busy roads expected

THE FESTIVAL OF SPEED is the largest motoring garden party in the world – and it hits Chichester today. If you are not going to Goodwood then you are best advised to avoid the A27 early morning from today, Saturday and Sunday as this unique summer weekend brings together an impossibly heady mix of cars, stars and motor sport 'royalty' to create the largest car culture event in the world. Held in the immaculate grounds of Goodwood House, this annual Hillclimb event is a true celebration of motor sport and all things automotive.

The 2013 Festival of Speed theme will celebrate the best of the first 20 years of this, the world's most popular motor sport and car culture event. Goodwood will focus on highlights from the Festival's glittering history, featuring the biggest, best, fastest, loudest and most outrageous vehicles of all time.

Goodwood will recapture many of the outstanding Festival of Speed moments from the 1993-2012 era, whether that's great cars from around the world making a rare return to the UK, or famous car/driver pairings reunited, for a weekend not to be missed.

Continued from page 1

...support groups, to the General Synod. In the statement the SCCA called for an independent public inquiry into the extent of child abuse within the Church of England.

The Rt Rev Butler said the report exposed "serious failures" in the Chichester Diocese but also "much wider institutional failings" which affect every diocese in the Church of England.

At the meeting on Sunday, the Rt Rev Butler, said for "far too long" the Church of England, notably those in senior positions, had either disbelieved the stories of victims, believed them but tried to hide the truth away or hoped that by removing an offender the problem would go away.

"We can make all the excuses that we like about society being different in previous decades – or our understanding of abuse being so much better," he said.

"We can note that our policies were different then and we followed those policies. But these take nothing away from the fact that we failed to listen properly, we did not acknowledge the wrong done, and we protected the institution at the expense of the person abused."

He added: "We failed big time, we can do nothing other than confess our sin, repent and commit ourselves to being different in the years ahead."

However, David Greenwood, Chairman of Stop Church Child Abuse raised concerns after the debate that the apology could seem like "just another PR stunt" to improve the Church's image if they did not commit to a full public inquiry.

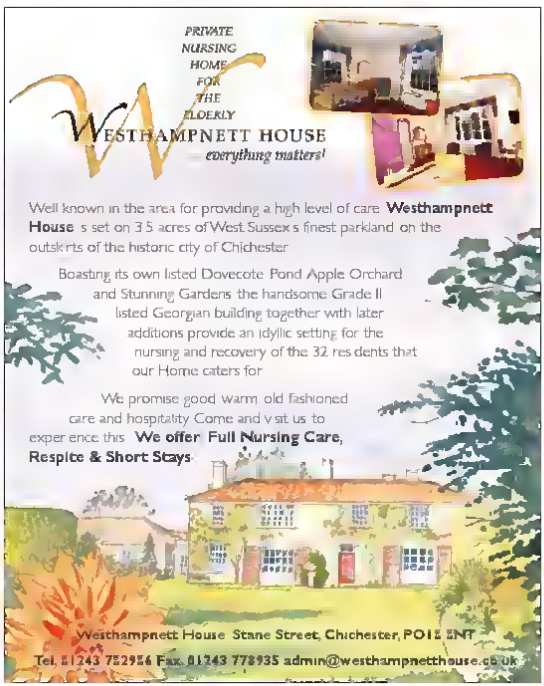
In a statement released on their website, Mr Greenwood said: "I hope that the Church of England are serious when they say they want to engage with our campaign to improve safeguarding for children who come into contact with clergy. In the past church leaders have been willing to put their organisation's good name before the protection of children."

Let us know what you think
@chiherald

Anorak Corner

Did you know? A taster of Chichester facts and figures...

The Domesday Book (1086) lists Boxham as one of the wealthiest manors in England. It included the hea... village of Cl...dham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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@ChichesterDC
"Inspired by @andy_murray & @lionsofficial? Enter the Natures Way Foods #Chichester #Triathlon on 20&21 July"

@LaurentDelaye
"Wow! This is pure magic." by Sir Colin St John Wilson. Do not miss Eduardo Paolozzi retrospective @PallantGallery in Chichester!"

@UKmuseums
"Museum Events: Chichester's Novium museum celebrates first birthday"

@dem837c
"Chichester is definitely not a heel friendly area.... Absolute pain in the a*** to walk"

@Guess2Give
"Ahoy me heartes! Welcome to our newest charity Chichester Sea Cadets who have their 1st sweepstake"

Follow us: @chiherald

There's the guy in Waitrose who uses hand signals

Tommy Boyd

MOBILITY SCOOTERS

It's game on. The electric scooters are humming down the roads into Chi like they're in the BMW they always wanted. They've got number plates such as "DANGEROUS" seen him? On the other hand, there's the guy in Waitrose who uses hand signals when he's turning right into the Free From Glutamate aisle and waits for a gap in shoppers before turning in as if the hair care and bath time shelves are a Lilliput an A27.

GRAYLINGWELL FETE

It's probably the best English-type fete around. Coconut shies and smash-the-crockery meet rock face climbing and junior quad bike racing. The best thing? The world's most enormous rabbit in the petting tent. Four foot long! Jeez it was nearly big enough for an Eric Pickles lunch.

FREEDOH

Mobility scooters have given a freedom to many deserving people, and one day each of us will probably have one. I expect mine will need sat nav so I can find my way to the loo and back again to watch Cash in the Attic.

UNITEV RICH MEN

Labour get money from unions, the Cons get money from rich men. The rich men hope their donation will help them keep their money. The unions hope poor people will get paid enough to live on plus a bit. Both of the donors equally like the feeling of having a bit of power. As Cicero said "O tempero o mores". Meaning f'nigs don't change.

HURDOCH

It appears he's been taped saying journalists have always paid cops for tips and so what! There are people in my Chichester One Stop queuing for their Times. I want to ask them what Murdoch has to do to make them decide not to give him their money. Except no money exchanges hands, because they all pay by free coupon.

MURDOCH 2

His message this week, in secret tapes appears to be "Police can always be bought down the years". We must hope that like him, that's a museum piece.

MAGGIE

Her frail supporters hang on to "She beat the unions hurrah!" Unions want safety at work, job security and a pay packet people can feed their families on. Thanks to the Maggie myth Blair got all that legislation through in his time, and Murdoch couldn't attack it as wrong else it would look like Maggie achieved zero.

CAMERON MAGIC

Greatest ever Olympics. Murray wins Wimbledon. Lions pulverise the Aussies at rugby and we'll murder them at cricket. If we are to stand a chance at the World Cup in Brazil clearly the Eton mob is the man for the job.

LARGE PEOPLE

Actually I don't like making lazy jokes about a person who is considerably overweight. If I thought Eric Pickles would be hurt I wouldn't. I think he should be hurt and angry about being called fat, but he's not because he receives something he finds more rewarding, namely being famous.

JOKE

A man goes into the bar with his dog. The dog gets up on a stool, takes off his shades, fixes the barman with a gaze and says "I'll have an alcopop in a tall glass with Gran Marnier and hazel syrup and three spoonfuls of sugar". The barman says "Wow that dog is amazing." The guy goes "No, that's what all the kids are drinking this weekend granddad."

Let us know what you think @chiherald

CONTACT TOMMY AT TOMMYBOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Chichester Herald is a free newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75,000**.

Distribution locations include: Tesco, Sainsbury's Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Oneworld, newsagents, One Stop, Chichester College plus **314 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include:
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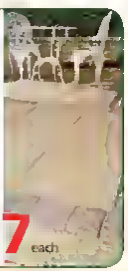

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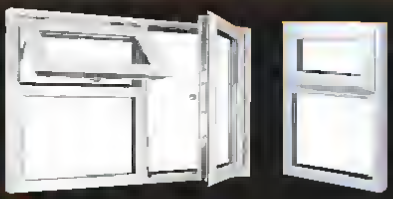

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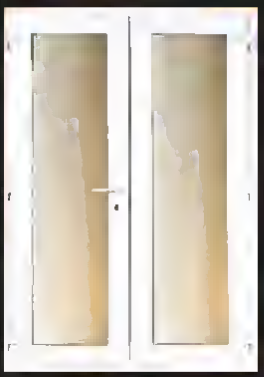

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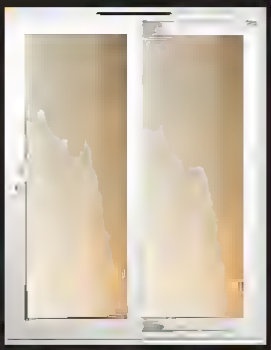

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Local police officer in court on data charges

A POLICE officer appeared at Worthing Magistrates' Court on Tuesday (July 9) charged with six counts of knowingly or recklessly obtaining personal data at Bognor Regis police station.

Thomas Grant, 24, a police constable based at Bognor Regis is alleged to have committed the offences between May 1 and September 24 contravening Sections 55(3) and 60(2) of the Data Protection Act 1998.

He pleaded not guilty to the charges and was released on bail to appear at Brighton Magistrates' Court on October 4.

He is currently suspended from his role and is the subject of an internal disciplinary investigation.

Two locals arrested over thefts at Gatwick Airport released on bail

A 48-YEAR-OLD MAN and a 21-year-old woman from Bognor have been released on bail while officers carry out further inquiries as part of an investigation into large scale thefts at Gatwick Airport. More than 60 officers executed warrants from 4am on Tuesday 9 July at homes across Sussex as well as in Surrey and Kent.

A total of 15 people were arrested and released on bail.

The 14 men and one woman were arrested on suspicion of theft after raids were carried out in Crawley, Brighton, Worthing, Angmering, Bognor, Rustington, Horsham, Lingfield in Surrey and Gillingham in Kent.

Officers are still calculating exactly how much property was seized as part of the operation but it is clear that tens of thousands of pounds have been recovered as well as hundreds of thousands of pounds worth of duty free goods.

Among the items seized are thousands of bottles of perfume, tens of thousands of cigarettes and large quantities of alcohol, watches and jewellery.

The investigation, codenamed Operation Ottawa, is aimed at tackling the theft of hundreds of thousands of pounds of duty free items at Gatwick before they could be put on flights and sold.

The operation is being run with the support of Gate Gourmet, which alerted Sussex Police to the issue after discovering irregularities with its stock control systems.

The 15 people arrested have been bailed to return for further questioning to police stations across the south east on dates across August.

Officer recognised in awards

POLICE officers, staff, partners and members of the local community from across West Sussex have all been recognised for their outstanding contribution to policing over the past year in an awards ceremony held on Monday 1 July.

Award recipients including from Chichester were invited to the ceremony at Arundel Castle to receive their awards and hear the achievements of their colleagues.

Presentations were made by High Sheriff of West Sussex, Patrick Burgess, the Police and Crime Commissioner, Katy Bourne and the Sussex Police Chief Constable, Martin Richards.

West Sussex Divisional Commander Chief Superintendent Martin Walker said: "The Police are committed to public service, it's in our DNA. The awards honour officers, staff and members of the public who have demonstrated their passion for service, bringing peace and justice to the communities of West Sussex."

PC Tim Hodges from Chichester Response Team, was off duty in March and at home when he noticed a man run past his house with officers in pursuit. He put on some shoes and caught hold of the suspect and managed to restrain him and he was arrested for drug offences. His sergeant, Garry Botterill said this is not unusual for PC Hodges as he often goes above and beyond the call of duty. Numerous emails have been received from members of the public about PC Hodges professionalism and commitment to the job.

Five officers from across West Sussex were commended for their outstanding courage when dealing with people who to harm themselves.

PC Fiona Pratt and PC Liam Maryan attended an incident where the woman was threatening to jump onto a railway line from a bridge. As the officers approached her, she jumped but they managed to catch her arms. With the help of PC Stuart Beckett, who turned up to assist with some rope, they managed to pull her onto the right side of the bridge.

PC Claire Brameld and PC Christopher Bryant also managed to pull a man from the edge of a building when he was threatening to harm himself.

All these officers put the other person before themselves and ultimately saved someone's life.

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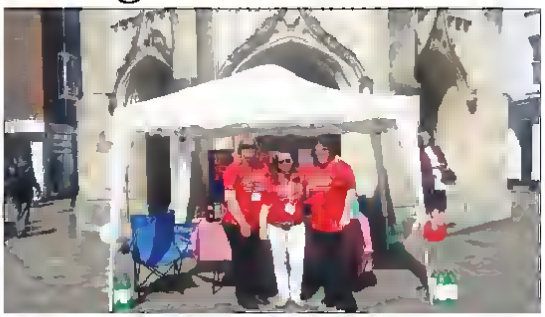

Clare Tate with Sarah Unsted and Nikki Mullen offering free testing for Arrhythmia at Market Cross

CLARE Tate, Senior Specialist Cardiac Nurse at St Richard's Hospital, has been working hard with her team to raise awareness about the dangers of an irregular heartbeat (arrhythmia). Working with the Arrhythmia Alliance, Clare is hoping to raise the £2500 needed to provide Chichester City Centre with a Public Access Defibrillator Device. This device can be used by members of the public following simple written instructions, allowing lifesaving treatment to be administered within minutes of an emergency, rather than having to wait for paramedics to arrive.

The first fund raising event, a charity auction, was held over the weekend, raising over £1000. Clare would like to say a big thank you to all the local businesses and retailers who kindly sponsored the event, including Ebony Jewellers, Rolls Royce, Brasserie Blanc, Champneys, L'Occitane, Cote Brasserie, Nuffield Fitness Centre, Joules, Nespresso and Costa Coffee.

Simon Tilley, of Ebony Jewellers, said "We are happy to be supporting such a worthy local cause and wish Clare every success with her venture."

Once sufficient funds have been raised Clare and her team will provide training to local retailers too. If you would like to find out more about this or are interested in helping please contact Clare at Clare.Tate@wsht.nhs.uk

More than a dozen good causes to benefit from North Chichester funding

LOCAL charities and organisations had reason to celebrate following the recent meeting of the North Chichester County Local Committee.

Meeting for the first time since the elections, the committee approved twelve applications for Prevention and Wellbeing Grants for the year, totalling almost £8,000.

The money is for projects which promote social contact, exercise and educational activities. Grants include £1,670.50 for Chichester Area Mind – Midhurst Project.

Members also approved one application to the Community Initiative Fund.

North Hall Management Committee are awarded £1,000 towards the refurbishment of the village hall.

Michael Brown, who was re-elected Chairman at the meeting, said: "We are delighted to be able to support local projects and it was pleasing to be able to help a number of good causes through the Prevention and Wellbeing Grants as well as Community Initiative Funding.

"We try to spread funding across a range of projects to ensure as many North Chichester residents as possible can benefit from their good work."

The next meeting of North Chichester will be held on Tuesday October 8 at 7pm, a venue is yet to be confirmed.

A full breakdown of the Prevention and Wellbeing Grants awarded by North Chichester CLC is as follows:

- 4Sight – £470.50
- Alzheimers Society – £500
- Chichester Area Mind – Midhurst Project – £1,670.50
- Fernhurst Choral Society – £670.50
- Fernhurst Good Companions – £670.50
- Fernhurst Parish Lunch Club – £600
- Heyshott Lunch Club – £400
- Lifecentre – £150
- Loxwood Friendship Club – £360
- Petworth Lunch Club – £670.50
- SASBAH – £350
- Time Aside – £1,420.50

For more information about North Chichester CLC, Community Initiative Funding or the Prevention and Wellbeing Grants Programme, please visit www.westsussex.gov.uk

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Call **01243 534734** and ask for the private sector housing team or email **lettings@chichester.gov.uk**

We were shortlisted for the Landlord & Lettings Awards in 2012

(*Please note there is a charge for some of the above services but not for the friendly and professional advice!)

Provided by Chichester District Council

History comes alive as The Novium celebrates its first birthday

ROMANS, Normans Georgians and First World War soldiers helped The Novium celebrate its first birthday on Monday.

Museum staff dressed in costumes from different periods of history greeted visitors and took to the streets of Chichester city centre to hand out balloons.

The first 20 visitors to The Novium on Monday received a free goody bag.

There's more fantastic giveaways on The Novium's social media sites including the chance to win two annual family passes and discounts off admission.

Since last July, museum staff have been busy welcoming lots of visitors keen to find out about the history of the district.

The museum has also won a number of national awards. They include a Civic Trust Award which recognises exemplar new build projects within a conservation area, and the RICS (Royal Institute of Chartered Surveyors) award, which recognises the museum's work with the community. The building was also shortlisted for a RIBA (Royal Institute of British Architects) Award.

Councillor Eileen Lintill, Chichester District Council's Cabinet Member for Leisure, Wellbeing and Community Services, says: "The museum has already inspired children from primary school age to university students through its learning programme. A recent example of this is the artwork on display by University of Chichester fine art course students.

"The district has a rich history and we are pleased the museum is able to showcase so many objects. What also makes the museum so special is that it balances the contemporary and the historic and this has been demonstrated the variety of awards that the museum has won.

"The Novium plays a key role in helping to attract tourists to the whole of the area through its Tourist Information Centre, which is located in the museum. We are hoping that the museum will continue to grow as a key attraction and tell the district's story for years to come."

Visitors can explore the story of the district over the past 500,000 years. The remains of Chichester's Roman bath house dominate the ground floor. These have been uncovered for the public to see for the first time.

The museum service has about 500,000 artefacts, both on display, and in store. Among the many other fascinating exhibits include the Chilgrove Mosaic and the Jupiter Stone, a portion of Roman sculpture base dated between the late first and early third century AD.

There are also events and activities for the whole family throughout the year and tourist information facilities on site.

The Novium contains a shop with a wide range of local and unique gifts, souvenirs, books, and the city's Tourist Information Centre.

The Novium, in Tower Street in Chichester, is open:

- Summer: Monday to Saturday 10am- 5pm, Sunday 10am- 4pm, and,
- Winter: Tuesday to Saturday 10am to 5pm, Sunday 10am- 4pm.

Admission fee applies. Access to Chichester Tourist Information Centre is free.

For information on upcoming events at The Novium call 01243 775888, email thenovium@chichester.gov.uk or visit www.thenovium.org.

Sign up and follow The Novium on Facebook (www.facebook.com/TheNovium) and Twitter (www.twitter.com/thenovium).

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A Royle presentation!

BEST KNOWN for his television series such as Songs of Praise together with Terry Wogan's Pause for Thought, the Rev Canon Roger Royle made a special appearance and mingled with the children aged 2 to 13 years at Great Ballard School's prize giving day, and said he was not surprised that the school had just announced expansion plans.

Having listened to the outstanding academic and sports achievements during the current year, then in true presenter style he not only handed out well deserved cups and prizes, but also jokingly quizzed the children as to what they liked and disliked about Great Ballard School. In glorious sunshine everyone enjoyed the ambience of the school's grounds that now houses the new Forest School outdoor education experience, being ideally placed amidst the South Downs National Park.

To the excitement and surprise of our Year 8 leavers, a fleet of Rolls Royce cars than arrived to take them off to their final leaving party.

The Great Milton Lodge Bake Off

A LOCAL charity's residential home - Milton Lodge in Aldwick, was host to a fundraising Bake Off event. A wonderful range of cakes were made in aid of the Aldingbourne Trust that supports adults with learning disabilities.

Inspired by the television hit "The Great British Bake Off" Aldingbourne tenants, relatives and staff made an array of cakes for the judges to get their teeth stuck in to.

The judges confessed they had a hard decision to make and their taste buds were well and truly spoilt. However after much deliberating the winners were announced: 1st prize went to Nicki Clarke for a Victoria Sponge, 2nd Prize went to Lloyd and Brenda Miller for a Coffee & Walnut Cake, and Lydia Rankin was Highly Commended for her biscuits that innovatively spelt out 'Milton Lodge Bake Off'.

After the judging the winning cakes and other entries were available to buy, together with tea and coffee, and people who attended the event could taste for themselves. Visitors could also take part in a tombola, play giant snakes & ladders or connect 4, or buy something from the bric-a-brac stall. A brilliant total of £229.80 was raised on the day which will go towards the Aldingbourne Trust's £4 Million Fundraising Appeal.

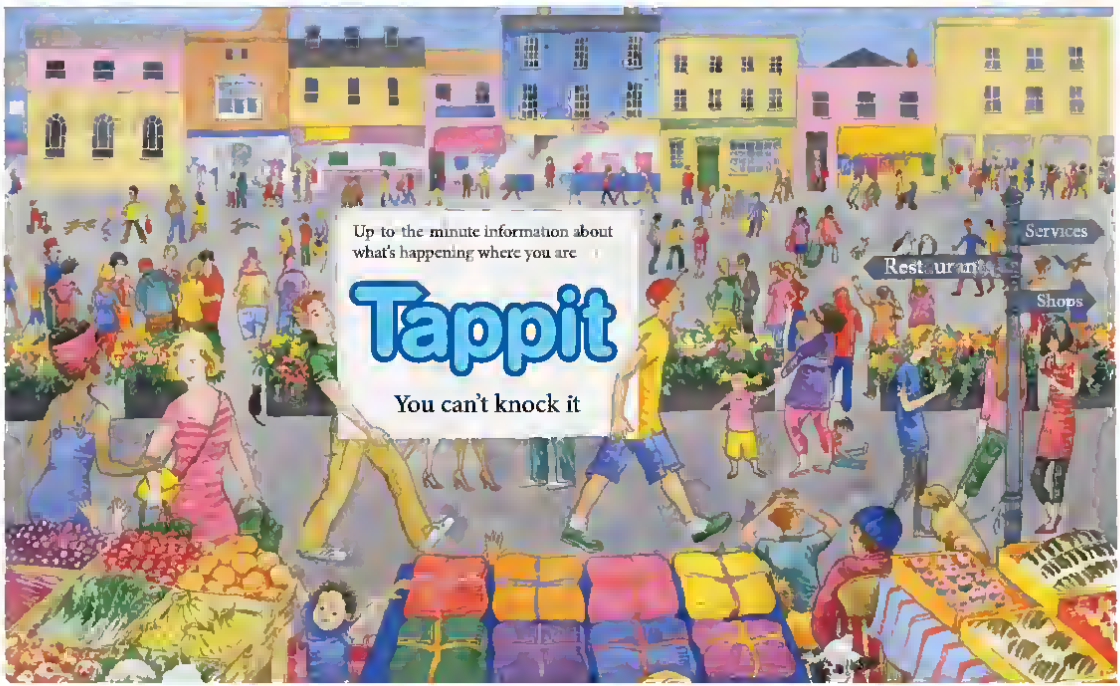
The funds raised will be put towards the expansion of the Trust's current facilities, including larger conference facilities, cafe and shop which will help to produce an income to fill the anticipated shortfall in Government funding over the next few years and provide additional development opportunities and paid work for adults with learning disabilities.

Paul Wycliffe, Val & David Hilditch, Jill Miller (3 judges), Alma Hedinger, Jane Aller and Nick Clarke

Martha Pusey, manager of Milton Lodge, said: "It has been a great day and the tenants have had great fun in making cakes to enter in the competition and to sell. Tenants and staff at Milton pull together to make it a great day and it was lovely to see so many friends, family, neighbours and passers by join us. We are so thankful to David and Val Hilditch, and Jill Miller who tasted all our entries."

The Aldingbourne Trust is an enterprising charity, based in West Sussex that supports adults with learning disabilities to develop their skills which will enable them to live independently and find employment.

For more information on the Aldingbourne Trust visit www.aldingbournetrust.co.uk



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Drama Queens

Mia Edwards

PEOPLE get very angry in the summer, and in secret everyone loves it. This is because drama is the bomb. If anyone has an argument at our school it's like a treasure trove. Just this morning in form time there was some kind of fight and people just watched smiling gleefully (me included btw). There is no greater cure to boredom than watching people get angry with each other.

But there are the 'types' of drama finders, and since there haven't been any parties to talk about recently, these people are fricking everywhere.

First of all, there is that one person who spends their time making arguments, bitching all over twitter and doing crazy acts in order to make everyone go 'maaan that chick's crazy' (this is quite gender specific just to say). This person is the most infuriating, and symptoms include compulsive swearing and a constant need to be very, VERY loud.

Then there is the subtle stirrer, who enjoys talking about everyone's lives even though it doesn't concern them, and people rightfully get slightly annoyed by them. I will raise my hand at this one. It's me in so many ways, sorry guys. As a tip, I also analyse everyone in a superior and punchable way, and say things like 'she doesn't know it yet, but subconsciously she feels this way'. I know, die Mia.

Next is the dramatic type who will treat everything that happens like it's the apocalypse. When one of my friends (who just to say I love to bits and does not deserve this to be told to everyone but I'm gonna tell it anyways because I'm just that vengeful), found out that I had to send back my refurbished iPhone – the sound didn't work in case you're interested – and that the shop only had white ones left, she said 'Mia you've signed a terrible deal. You should be able to choose the colour that you want.' I feel that this was a slight overreaction, and I explained to her kindly that this is the treatment you get if you're a cheapskate.

The thing is, we have to conclude that nothing is happening. We can guess things about peoples' lives and shake stuff up until it gets interesting, but in the end we are just the sad and lonely ones who are only ever content when they're at parties or watching arguments for the lolz. But I must admit, the lolz can be great.

Spitfire Pilot to be honoured at College

THE GREAT NIECE of Battle of Britain Spitfire Pilot and student of Midhurst Rother College is to honour her relative, Warrant Officer Arthur William Eade AFC, with poetry reading at a ceremony to commemorate his valour, courage and devotion to duty whilst flying.

On Friday 19 July Her Majesty's Lord Lieutenant of West Sussex, Mrs Susan Pyper, will unveil a plaque at Midhurst Rother College in honour of the war hero. As part of the ceremony, WO Eade's great niece and current student at the College will read 'White Chalk Marks in the Summer Sky' an extract from the evocative Battle of Britain poem.

Arthur William Eade, born 1912, attended Midhurst Grammer School (now Midhurst Rother College) from January 1926 to December 1928 whilst living in the village of Singleton.

In January 1929 Arthur joined the RAF as an apprentice aircraft fitter working on aero engines, he studied hard and completed an observer course in July 1937.

In March 1939, after applying for pilot training and was selected, he attended elementary flying training, then graduated from fighter training school as a fighter pilot, was posted to 266 squadron at Sutton Bridge, then 602 and 610 squadrons at Westhampnett , Sussex, during the Battle of Britain.

During a sweep off Calais, France on 19 March 1941 he was shot down by a German Fighter BF109. Arthur was injured by shrapnel in the shoulder and arm, although wounded he managed to get his stricken aircraft back to England and force landed near Hailsham, Sussex.

Warrant Officer Arthur William Eade. Photograph courtesy of Tangmere Military Aviation Museum)

Arthur William Eade was promoted to Warrant Officer on 1 October 1941 and awarded the Air Force Cross on 2 June 1943 for his acts of valour, courage and devotion to duty whilst flying.

As a fighter pilot during the Battle of Britain, age 28 years, his life expectancy would have been just hours with a maximum time of just six weeks. WO Eade survived the Second World War and was released from the Royal Air Force in September 1947 and died in 1983 at the age of 71.

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World debut for University

IN SEPTEMBER 2014, the University of Chichester will launch the first ever BA (Hons) in fundraising for the third-sector. Not only is the course a first for the UK, but it is the first of its kind in the world. Its title, Charity Development, reflects the wide range of skills that will be taught and are used by successful fundraisers, from marketing and planning through to event management and public speaking.

Each year an army of over 20,000 fundraisers help UK charities raise around £60 billion. It seems apt that the University of Chichester, a forward thinking institution that already actively fund-raises for a range of local charities, will be the first to roll out this revolutionary course. A pilot module for mature students delivered by the University raised over £250,000 for local charities in the first year, demonstrating the potential impact of quality training when combined with supported charity internships.

Charity Development Co-ordinator, Donna Day Lafferty, a fundraiser for over 17 years and the course founder, said: "If you think fundraising is just about standing in the street and 'asking', think again. It has taken me to the rainforests of Borneo, the Halls of Westminster and hundreds of inspiring places in between. Fundraisers coordinate national online campaigns, negotiate with leading thinkers and strategists, organise marathons and galas, manage budgets and entice sponsors, rub shoulders with the rich and famous, create fun and inspire millions of people to give to good causes. It really is your chance to 'be the change you want to see in the world'."

Industry consultations reveal strong interest in the course, Rowena Lewis, Director of Fundraising, at the charity Gingerbread, which supports lone parent families, reflected that "Working for a charity is definitely one of the most rewarding careers out there. If this degree in Charity Development had been around when I was at university I'd have jumped at it, it would have made it much easier to break into the sector."

The course is accredited by the leading industry body, the Institute of Fundraising. Paul Marvell, the Institute's Director of Professional Development & Membership is an enthusiastic supporter. "If you want to help create a better world, fundraising is a fantastic career choice. No doubt about it, charities are dependent on the skills and professionalism of fundraisers to deliver their work. A degree in fundraising will help you get your foot on the ladder in this highly sought after and competitive profession."

Donna Day Lafferty added: "The intention is to expose students to as much best practice and real life fundraising as possible. The course will play host to leading guest speakers, and students will attend industry conferences as well as being encouraged to spend at least one day a week as a charity intern. I'm going to do all I can to ensure demand is high for both students and graduates and they are a real asset to the charities they work for."

Join Nuffield Health at their GET ACTIVE WEEK! - Saturday 13th – Friday 19th July

What can you expect from Nuffield Health's Get Active Week?

- Feel the benefits of exercise by trying out one of our fitness classes. Aqua Aerobics, Salsa-Cise and Body Combat are to name a few
- Get free advice from our Personal Training team
- Work up a sweat in the fully air conditioned gym
- Take an energising dip in our heated pool and then relax in our sauna or steam room
- Unwind in our café area with free Wi-Fi and a range of refreshments

THE TEAM at Nuffield Health Club Chichester have one mission: to get the local community healthier and fitter. They are encouraging people in Chichester to feel the benefit of what making small changes to your lifestyle can have on your overall health and wellbeing. Exercise has been proven to not only benefit your overall health but also help with conditions such as stress, diabetes and heart disease. It will also energise you, putting a much needed spring back into your step.

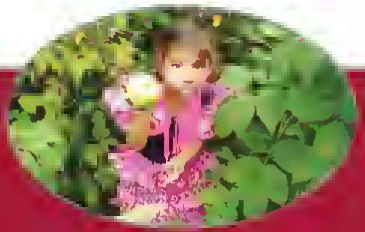
Nuffield's Get Active week gives you the opportunity to come and try out some of the facilities the club has to offer on 3 day guest membership. Simply bring this advert into the club and this will entitle you and a friend to 3 full days between Saturday 13th – Sunday 19th July.

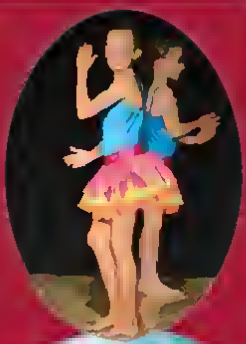
To enquire about the 3 day membership over Get Active Week, please call 01243 788678 or simply bring this advert into the club. Towels are £1 per guest visit. Nuffield Health Fitness & Wellbeing Centre Chichester, Chichester Gate, PO19 8EL, www.nuffieldhealth.com/chichester

Nuffield Health
fitness & wellbeing

Terms & Conditions
Team member Health MOTs, physiotherapy and paid for classes are not included with free pass. Towels £1 per guest visit. Bring advert to club to claim pass. The 3 day pass entitles 2 people (aged 16 or over) to use centre for 3 consecutive days. Must be taken between 13th-19th July 2013. No cash alternative.

GREAT BALLARD
SCHOOL





Two heads are better than one!

With our expansion plans going ahead in the summer holidays, we look forward to welcoming Mr Richard Morgan, Head of School, and Mr Edward Bryan, Head of the Pre-Prep department.

Places available for children aged from 2 - 13 years.

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IAPS Co-educational school for children aged from 2 - 13 Situated between Chichester and Arundel

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Student crowned "Best in the World" at WorldSkills Competition

GEORGE Callow, a student from Chichester College, took the top spot for the UK with an almighty gold , at the coveted WorldSkills competition

The intense four day battle took place 2 - 7 July in Leipzig, Germany, where Team UK put in a world class performance showcasing the skills of young people in this country

Cabinet Maker George fought off strong competition from other talented international craftsman, to secure his place as the 'best in the world'. Scoring the highest among Team UK to claim the 'Best in Nation' award, George was overwhelmed by his win. "I knew I'd done well in the tasks, but thought there was really little in it. I tried my best, but when I saw other countries winning gold's I thought 'maybe it's not our year'. I'm ecstatic. All the hard work I've put in has really paid off."

George, a former St Philip Howard pupil took part in 22 hours of competition to be judged on his level of skill, accuracy and speed in completing the tasks set. He is now the fourth Chichester College student to represent the college on this world class platform.

Open to competitors up to age 22, the WorldSkills competitions are held every other year and are hosted by a different country each time. Formerly known as the 'Skills Olympics', the competition provides the opportunity for finest vocationally skilled young people from around the world, to showcase their craftsmanship and compete for the awe inspiring title of WorldSkills Champion.

Demonstrating a keen interest in woodwork since the age of seven, George began his level two Furniture Apprenticeship with the College and Rolls Royce Motor Cars after leaving school. The high quality craftsmanship with Rolls Royce provided him with a fantastic introduction into the world of work. After spending over a year with Rolls Royce, bespoke Petersfield furniture company Cumtree contacted George, after recognising the quality of his work at the College's end of year Furniture Show. Already employing a former student and previous Worldskills Medal of Excellence winner, Luke Griffiths, Cumtree were keen to offer George the chance to complete his apprenticeship with them.

Throughout the duration of his apprenticeship, George split his work by spending two days in education at the college within the renowned furniture department and the other three, with employers Cumtree. Having completed his apprenticeship and now working full-time now with Cumtree, they enthusiastically supported his success with WorldSkills, recognising from the start his incredible potential.

Chris Thorpe, Cumtree's Director commented "We are so proud of George's' achievement. He absolutely deserves this win. He has worked incredibly hard throughout the competition, from the heats for national selection, right up to the start of the competition. All the practice hours that George has put in after work and at weekends have been rewarded. George's victory at WorldSkills shows what can be achieved with commitment, hard work, talent and a good support team behind you. Well done George!"

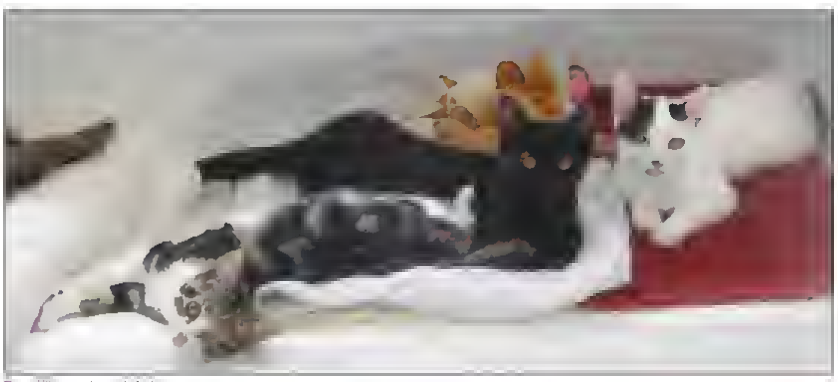
This year's WorldSkills competition has been made extra special for Chichester College, as lecturer Christian Notley, who runs the college's Furniture Making department, took on the role of World Skills UK Training Manager. Responsible for preparing the competing UK squad, Christian has put a huge amount of work into this role with the result of a student crowned the best in the world at Cabinet Making the greatest reward. The competition has certainly proved his credentials too with George becoming the third Chichester College student to compete in cabinet making in the last three competitions.

College Principal Shelagh Legrave said, "What a phenomenal achievement for George, Cumtree and for Christian Notley who runs our Furniture Making department within Construction. The whole college have been incredibly supportive of George and Christian. This is a fantastic result that we are all incredibly proud of."

International adjudicators and judges kept a close eye on George and the other candidates as they worked hard to complete their pieces within the set timeframe. The competition tested composure and ability throughout, with George's win for the UK providing supporters back home with a real sense of pride

120 Cats and Kittens need homes!

Cat and Rabbit Rescue Centre



These kittens are in need of a home

CATS AND KITTENS of all ages are waiting for homes. To consider are the last, desperate overlooked 2012 playful young 1-year old pairs brothers Denzil & Murphy, Reggie & Owen, ginger pair Guy & Gino who need their first home, and also black and white pair Kings & Luna in rescue since their owners moved.

There are also many active, playful singles and pairs older neutered kittens aged 6 months to a year and adults upto 3 years of all colours tabby, tabby & white, black, grey torty-grey, grey & white, black & white, cream & torty waiting. Or if you want more restful cats then there are 3-6 year old black & white, tabby & white, tabby, torty & white pairs and singles waiting.

Lots of young kittens aged 3-6 months of all colours are available now, some were born at the centre as their mothers became homeless, some were unwanted litters. Some are to be homed as pairs often because they are very young, while others can be homed as singles.

Some Cats and Kittens waiting:

- Kings and Luna, a friendly 18 month old black and white pair.
- A tabby and white pair, KF100-09 is a 4 year old and KM 115-10 almost 3 years. Both friendly, affectionate, playful and used to children.
- Baloo is black and white and talkative, Bagheera is black. A friendly 4 year old pair who love a fuss.
- Yalia is a white, tabby & grey 2 year old neutered female who is used to children and cats.
- Flame is cream with torty head and tail. A kittenish, neutered 1 year old, very friendly and playful, who came from a home with children.

The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. A younger un-neutered kitten is £70, and in addition a voucher for free neutering at The Rescue when the kitten is old enough, is supplied.

Homing by appointment 7 days a week. Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409.

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Susie Watson comes to Chichester

TRANSFORM your home with a visit to Susie Watson Designs, newly opened at 28 North Street. The beautiful shop showcases a gorgeous handmade home collection, including handmade pottery and furniture, hand-blown glass hand-printed linens and a bespoke curtain and blind making service.

Championing traditional craftsmanship, Susie Watson has been designing and creating beautiful, high quality products for the home for many years. Her philosophy is simple, that the things we use every day should bring us pleasure. The Chichester shop is the 7th Susie Watson Designs shop in the UK.

Susie said: "We are very excited to be in the wonderful city centre of Chichester, I have wanted to open here for a very long time. My father was a member at Itchenor Sailing Club for over 50 years and it is a town very close to my heart."

The shop itself, together with the shop next door, was originally built as one house in the 18th Century. It was extended considerably at the rear in relatively recent times and now provides nearly 3,500 sq ft of retail space on ground and first floors. The ground floor now houses the home collection with the first floor being given over to the fabric and bedroom showrooms.

The Chichester store will also see the launch of the first Susie Watson Designs Craft Centre, hosting a program of sewing and interior design courses which will commence later this year.

For further information you can visit the shop at 28 North Street, Chichester or go online at www.susiewatsondesigns.co.uk

Rebekah Grace
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Chichester Business

Floor coverings to suit every lifestyle!

AT 'HOME Choose Carpets' there are some fantastic new ranges of carpet and vinyl floorcoverings available this springtime. All carpets and vinyl flooring are fitted free by our own professional fitters who will also uplift and dispose of your old carpets and move your furniture free of charge!

The new Home Style Berber range of carpet is excellent value for money – an average room size 4mts x 4mts or hall-stairs-landing area of 16 sq mts costs from just £299.00 fitted complete with a new underlay.

Home Style Berber is a hardwearing stain resistant carpet in a choice of 12 natural shades suitable for anywhere in the home. New Home Style Twist is a tough hardwearing luxury textured pile carpet which looks great fitted in any room. With a bleach cleanable pile it is a 'worry-free' carpet for family use!

With a choice of 30 colours and shades it makes colour matching easy with our Home Selection Service. The new Home Style Tonal range has a traditional design with a cut/loop pile in 10 new colours available with a built-in felt back or hessian backing – a more luxurious carpet that is hardwearing and easy to clean.

We have hundreds of carpet samples available in Axminsters, Wiltons, twists, tonals and plains. We deal with all the top manufacturers in the U.K. – Axminster Carpet Co., Ulster Carpets, Bond Worth, Penthouse Carpets, Pownalls, Ryalux, Cormar Carpets and Regency Flooring as well as national and local wholesale companies for express delivery service. We also have an extensive range of the latest designs in vinyl flooring including Rhinofloor.

Contact Home Choose Carpets on 01243 727577 for our Home Selection Service and free estimate for your new floorcovering.

Halfords teams up with charity to send unwanted second hand bikes to Africa

HALFORDS in Chichester and Sussex is to take unwanted bikes off customers' hands in an initiative to provide much needed affordable transport for communities in Africa.

For six days, from yesterday (Thursday July 11) to Tuesday July 16, Britain's biggest bike retailer is inviting customers to bring cycles currently lying abandoned in garages and garden sheds to any of its 460 stores.

Those donating bikes will be offered a 10% deal off the price of a brand new model as well as seeing their old two wheeler go to a good cause.

Halfords is launching the scheme in partnership with charity Re-Cycle and hopes to collect 6,000 bikes during the trade-in period after which they will be refurbished and distributed to help people in need in Africa.

Commenting on the event, CEO Matt Davies said: "This is a great opportunity for customers to get rid of those bikes which are not being used and give to a great cause and get money off a brand new bike at the same time if they want to.

"Our partnership with Re-Cycle will mean these unwanted bikes will provide an opportunity which will result in people in Africa being able to transform their lives in a sustainable way. We feel that this is an exciting way to make a difference by doing something that is closely linked with our business."

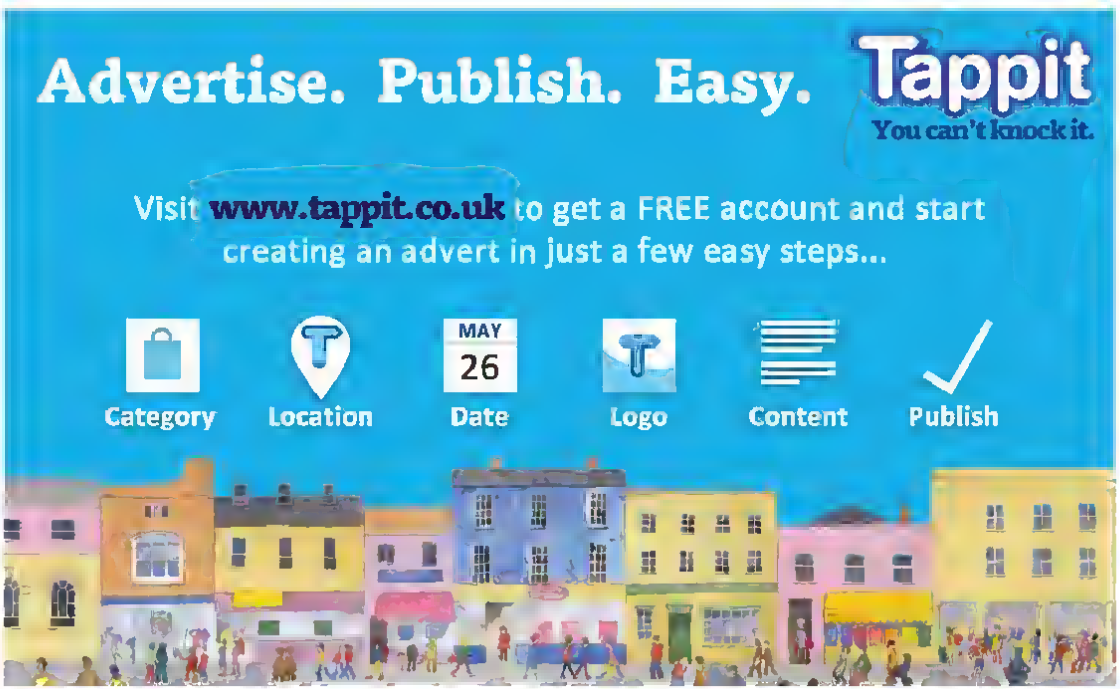
Merlin Matthews, the founder of Re-Cycle, added: "We are really excited about the partnership with Halfords. It will provide long term opportunities to raise awareness of the great ways people here can very easily assist those in need in Africa."

A bicycle can dramatically improve lives by providing simple, inexpensive transport cutting travel time and increasing the opportunities for children to go to schools, which may be many miles from their home, and for adults to find work.

Models in most demand by Re-Cycle are sturdy mountain bikes for teenagers and adults, however all bikes that are in a reasonable condition, including kids' bikes, will be accepted by Halfords provided they are complete with no cracks in the frame and less than 25% rust.

Re-Cycle was set up in 1997 and since then has sent over 45,000 bikes as well as parts and tools to 16 different countries in Africa where bikes can be difficult to find and expensive.

This new charity partnership is just one of a number of ways that Halfords is looking to create closer links with its local communities.



Arts & Entertainment

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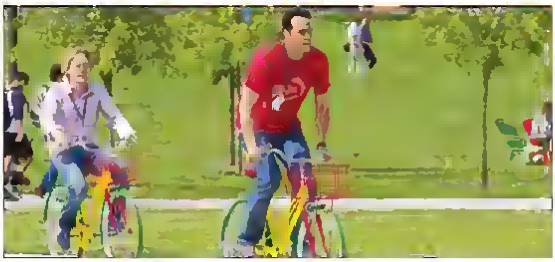
The Internship (12A)

THREE out of Five stars

Running time: 119 mins
Director: Shawn Levy
Starring: Vince Vaughn, Owen Wilson, Rose Byrne, Aasif Mandvi, Max Minghella, Josh Brener, Dylan O'Brien, Tiya Sircar, Tobit Raphael, Josh Gad, John Goodman, Will Ferrell

Enjoyable, frequently funny comedy enlivened by winning comic performances from Vaughn and Wilson and a strong support cast, though it slightly outstays its welcome at two hours long and the weapons-grade product placement is so strong that it'll make you want to go home and Google things



What's it all about?
Directed by Shawn Levy and co-written by Vince Vaughn and Jared Stern, The Internship stars Vaughn and Owen Wilson as Billy and Nick, two old-school watch salesmen who lose their jobs when their company closes. Whilst googling 'Jobs for people with no skills', Billy discovers the Google summer internship programme and after inexplicably passing the via webcam interview, the pair find themselves at Google HQ in Palo Alto, competing against dozens of teenage tech-savvy geniuses

Fortunately, the pair are placed in a team headed by nerdy leader Lyle (Josh Brener) alongside brainy outsiders Stuart (Dylan O Brien), Neha (Tiya Sircar) and Yo-Yo (Tobit Raphael), which is just as well, because smarmy fellow intern Graham (Max Minghella) is determined to take them down. Meanwhile, Nick falls for gorgeous Google exec Dana (Rose Byrne) and Billy tries to stay on the good side of Mr Chutty (Aasif Mandvi), the no-nonsense head of the programme ('More studying, less pudding')

The Good
Vaughn and Wilson return to top Wedding Crashers form, delivering immensely likeable comic performances and sparking off each other in winning fashion – just try not to smile when they're singing along to Alanis Morissette's 'Ironic' at the beginning. In addition, Brener, O'Brien, Sircar and Raphael make their potentially stereotypical nerds into believable characters and there's strong support from both Mandvi and Byrne, though Minghella is a little wooden as Graham. (The film also gets the traditional Will Ferrell cameo out of the way early on – he's very funny as Nick's sister's bed salesman boyfriend)

The witty script crackles with hilarious dialogue and there are several great gags, particularly Nick attempting to woo Byrne by deliberately behaving like a jerk. There's also an inherent sweetness to the main characters (any snarkiness is left to other characters), which is both refreshing and endearing, while the film also makes an amusing nod to the whole bromance thing by including a scene where it looks as if they're in bed together

The Bad
The main problem with the film is that there isn't quite enough material here to really sustain a two hour running time and some of the jokes (especially a lengthy Instagram-based routine) should probably have been cut. In addition, the industrial strength product placement will literally turn you googley-eyed and there are occasional lapses of logic – it seems unlikely, for example, that someone culturally aware enough to make references to Terminator 4 and The Hunger Games would never have heard of the X-Men's Professor Xavier.

Worth seeing?
The Internship is an engaging and enjoyable comedy that's consistently funny, thanks to a witty script and terrific comic performances from Vaughn and Wilson. Worth seeing.

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?

Chichester Herald in partnership with Chichester's Ship Hotel is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people, please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer, name, address and contact number to **news@theshiphotel.net**

the ship
Hotel, Bar & Restaurant
North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 17 July 2013 at midday. The competition is for one winner with a prize of a meal for two at the Hotel's popular 'The Ship's Plank'. The Ship's Plank now consists of Soup shot, crispy fried duck egg with brioche fingers, oriental duck salad, Ship's cottage pie, parma ham and bresaola, whitebait, mini burger, chicken terrine, king prawn & cherry tomato skewers and onion rings. There is no cash alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry details may be kept on file.

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Rebekah Grace
PHOTOGRAPHY

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q. VINCE VAUGHN & OWEN WILSON HAVE ALSO STARRED TOGETHER IN WHICH COMEDY?

A. WEDDING CRASHERS
B. MARLEY & ME
C. DODGEBALL

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 16th July 2013 at midday. The winner will be notified later on that day.

- Last weeks winner is Therese Brook from Middleton on Sea

Chichester Herald competition terms and conditions apply

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester
PO19 8EL – 0871 200 2000

The Chichester Challenge Sunday 21st July 2013

THE CHICHESTER CHALLENGE 2013 (the sixteenth year) is organised by the Rotary Club of Chichester Priory and will soon be here for us all to enjoy a great walk, run or mountain bike ride through the Goodwood Estate and South Downs Way.

This year the event will again take place at the Lavant Village Green, (just North of Chichester). There is plenty of parking and a full range of facilities including refreshments and a licensed bar. Walkers and Runners start from 8.00 to 9.30 am and Mountain Bikers from 10.00 am.

Routes for walkers, runners and mountain bikers have been prepared which start and finish at Lavant. The routes pass through beautiful countryside with the walkers and runners passing through the Goodwood Estate and the Bike rides located along the South Downs Way and a network of bridle paths.

Walkers and Runners. There is choice of 15km, 25km and 42km walking and running routes.

This year, the bike event will be with options for a 30km or 55km route.

All routes are fully marshalled with checkpoints for re-watering. St John Ambulance is on call in case of accidents. The event raises substantial funds for charities through sponsorship of individuals and teams from charities, work organisations and the services. It's a great event which gives you a chance to enjoy the beautiful countryside surrounding Chichester as well as raising some money for those in need.

The event enables individual participants as well as teams to raise money for their chosen charities by obtaining their own sponsorship. The event is open to all and we especially encourage entry from families, youth organisations, charities and the services.

Further information or on-line registration is available by calling 01243 527739 and on the Chichester Challenge web page www.chichester-march.org.uk.

You may register in advance or on the day of the event.

Come and meet our dog and wildlife experts at fun dog show

LOCAL people have the opportunity to meet Chichester District Council's dog and wildlife experts at a fun dog event.

Dog Warden Viviane Magrath and Community Wildlife Officer Sarah Hughes, who works at the council on behalf of the Manhood Wildlife & Heritage Group, will have information on dogs, wildlife and much more as part of St Peter's Project Dog Show in Fishbourne. The event is on Monday 15 July from 5pm to 8pm at the meadow adjoining Fishbourne Parish Church.

Films showing at New Park Cinema

CHICHESTER cinema at NEW PARK

01243 786 650

'your cinema on the park'

Fri 12 Jul
13.15 Much Ado About Nothing (12A) 107m
13.30 Film Course: Victim (Guest: John Coldstream)
15.45 Blood (15) 92m
18.00 The East (15) 116m
20.45 Renoir 116m

Sat 13 Jul
13.00 Renoir
15.30 Much Ado About Nothing
18.00 Andre Rieu LIVE from Maastricht (U)
21.15 Blood

Sun 14 Jul
13.00 Of Gods and Men (15) 122m + intro
16.00 Le Nozze di Figaro (PG) 225mc interval
20.00 Renoir

Mon 15 Jul
13.00 Renoir
15.45 Much Ado About Nothing
18.30 Blood
20.45 The East

Tue 16 Jul
13.15 The East
16.00 Renoir
18.30 Blood
20.45 Play (15) 118m

Wed 17 Jul
13.00 Much Ado About Nothing
15.30 Renoir
18.00 Play
20.45 The Enigma of Kaspar Hausen (PG) 110m

Thu 18 Jul
13.00 The Enigma of Kaspar Hausen
15.30 Much Ado About Nothing
18.00 Renoir
20.45 The East

SATURDAY'S TV 13.07.13

Listings supplied by Press Association

CHOICE

Russell Watson

The Queen's Coronation Festival Gala
BBC1, 7pm

Last summer we helped Her Majesty mark the 60th anniversary of her ascending to the throne and now 12 months on we're doing it all again this time as she celebrates 60 years since her coronation. A three-day Coronation Festival at Buckingham Palace climaxes with a spectacular evening gala. The Fanfare Trumpeters from the Household Division open the show, which also features performances from Kiri Te Kanawa, Katherine Jenkins, Russell Watson, Katie Melua, The Feeling and the English National Ballet.

BBC1

6.00 Breakfast 10.00 Saturday Kitchen Live 11.30 Lorraine's Fast Fresh and Easy Food (R) 12.00 BBC News, Regional News, Weather 12.15 Bargain Hunt. (R) 1.00 Live MotoGP 2.00 Athletics. British Championships 4.10 Escape to the Country (R) 5.10 Room 101 – Extra Storage (R) 5.50 Pointless Celebrities (R)
6.40 BBC News, Regional News, Weather
7.00 The Queen's Coronation Festival Gala. Sophie Raworth and Gareth Malone present highlights of the concert from Buckingham Palace, featuring Kiri te Kanawa, Katherine Jenkins, Russell Watson and Katie Melua
8.20 The National Lottery: In It to Win It. Dale Winton hosts as five contestants compete to be in the right place at the right time to win a share of the loot. Includes the National Lottery brave presented by DJ Berg.
9.10 Casualty. Tom is one personal visit to a prison when a disturbance breaks out and the trouble spreads. Zoe deals with a young girl who will go to great lengths to reconnect with her mother
10.00 Mrs Brown's Boys. Agnes worries her family is the secretive. (R)
10.30 BBC News. Weather. National Lottery Update
10.50 Film: Enemy of the State (1998) An ennoynter with an old friend derails a lawyer's life as he ends up framed for murder and pursued by government agents. Thriller starring Will Smith
12.50 Weatherview 12.55 BBC News

BBC2

6.00 This Is BBC Two 6.35 Film: The Half Naked Truth. (1932) 7.20 Film: Best of the Badmen. (1951) 8.40 The Sky at Night. (R) 9.30 A History of Scotland. (R) 10.00 Life in the Freezer. (R) 10.30 Triathlon. 12.30 The A to Z of TV Cooking
12.45 Golf: The Story of the Open Championship 2013 1.00 EastEnders. (R) 3.30 Live Challenge Cup Rugby League
8.10 Flog It! Anita Manning and Adam Partridge value items at Sanderland's Stadium of Light, and Paul Martin visits Neamish the Living Museum of the North to Be Onsham (N)
9.10 Bah's Army. The platoon re-enacts the battle between St George and the dragon (R)
10.40 Giant Sports: Filming the Impossible – Natural World Special. Documentary following a team of scientists using underwater effects and state of the-art cameras as they try to fish and film a living giant squid for the first time
11.25 QI XL. With Sandi Toksvig. Bill Bailey and Susan Calman (R)
12.10 Top of the Lake. New series. A 12 year-old is found to be pregnant and child protection specialist Robin Griffin is called in to assist local police
13.10 Ahwa, Rankin Faces Death – A Culture Show Special
14.10 Film: Hostel Nole (2010) Premiere. A couple try to keep their marriage from falling apart as they take different approaches to coping with their son's death. Drama with Nicole Kidman and Aaron Eckhart.
12.30 Golf: Scottish Open Highlights 1.35 This Is BBC Two

ITV

6.00 CITV: Jake and the Neverland Pirates. 6.15 Jake and the Neverland Pirates. 6.25 Peppa Pig. 6.40 Peppy Cat. 6.50 Caninimals. (R) 7.00 Caninimals. (R) 7.10 Bookaboo 7.20 Kick Buttowski – Suburban Daredevil. 7.35 The Avengers: Earth's Mightiest Heroes. 8.00 Gravity Falls. 8.25 ITV News. 8.30 Dinner Date. (R) 9.25 The Jeremy Kyle Show USA. (R) 10.15 Monster She Wrote. (R) 11.15 Saturday Farm. 12.15 ITV News: Weather. 12.25 All Star Mr & Mrs. (R) 1.25 Tee Chase. (R) 2.25 Film: Bill & Ted's Excellent Adventure. (1989) 4.00 Midsomer Murders. (R)
8.00 Regional Programme. Weather
6.15 ITV News: Weather
6.30 You've Been Framed! Comical nips, featuring an exploding beanbag. (R)
7.00 You've Been Framed! Hilarious home footage, including a Ballard Robin that flips 360 degrees. (R)
7.30 Your Face Sounds Familiar. Guest judge Peter Andre joins Emma Bunton and Jordan Clarke on the panel as the celebrities impersonate more random selected musical icons. Alesha Dixon and Paddy McGuinness host.
8.45 All Star Family Fortunes. Hollyoaks star Danny Mac (Mark "Dodger" Savage) and Claire Richard from Stope team up with their families in an attempt to win money for charity. Vernon Kay hosts the game show.
9.45 The Americans
10.30 ITV News: Weather
10.50 Film: Hot Fuzz. (2007) Action romedy starring Simon Pegg
12.55 Jackpot247 3.00 In Plain Sight. (R) 3.45 ITV Nightscreen

CHANNEL 4

6.00 The Treacle People. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Caterham UK Racing 7.30 The Grid. 8.00 The Mentalist. 9.00 Everybody Loves Raymond. (R) 9.30 Everybody Loves Raymond. (R) 10.00 Frasier. (R) 10.30 Frasier. (R) 11.00 The Big Bang Theory. (R) 11.30 The Big Bang Theory. (R) 12.00 The Simpsons. (R) 12.30 Undercover Rose Canada. (R) 1.30 Channel 4 Racing. 4.15 Come Dine with Me. (R) 4.45 Come Dine with Me. (R) 5.15 Come Dine with Me. (R) 5.50 Come Dine with Me. (R)
8.25 Come Dine with Me. Hairdresser Kim Connor hosts the final party in Rhiderfelhi, hoping her American diner themed menu will delight her guests. (R)
6.50 Channel 4 News
7.15 Ramadan Diaries
7.20 Brain Geeigns. The conversion of a lifeboat station into a contemporary home. (R)
8.20 The Million Pound Drop Live. Davina McCall presents the quiz show in which contestants are challenged to place large quantities of cash over trapdoors as they face a series of questions.
10.00 Film: Rape Me. (2010) Premiere. A man employed to repossess artificial organs gets on his career when he needs a mechanical heart he cannot pay for. Sci-fi thriller with Jude Law and Forest Whitaker
12.15 Film: The Cave. (2005) Horror starring Morrie Chestnut and Lena Headey. 2.00 Verry Terry (R) 2.25 Mesh: The Horrist Trap. (R) 2.30 Mesh: The Wrong Turn. (R) 3.25 Sportsbeat (R) 3.25 Hollyoaks. (R) 5.25 Baking Mad with Eric Lanlard. (R)

CHANNEL 5

6.00 Milkshake! 10.00 Power Rangers Samurai. (R) 10.35 Thundercats. (R) 11.00 Inside Hollywood... 11.05 Big Brother: Live Eviction. (R) 12.30 Cowboy Traders. (R) 1.30 CSI: NY. (R) 2.25 CSI: NY. (R) 3.15 Film: Jesse Stone: Death in Paradise. (2006) 5.00 Fat, Sick and Nearly Dead
1.00 Cricket: The Ashes. England v Australia. Mark Nicholas presents action from day four of the First Test at Trent Bridge, where the second innings was likely to be taking shape ahead of the final day
8.00 NCIS. The team tries to locate a kidnapped girl but has to contend with her grandfather, a former member of a disbanded special forces unit who interferes in the case. (R)
9.00 NCIS. The team investigates what at first appears to be a straightforward robbery until Tony discovers a homebrewer lied to police after shooting the intruder. (R)
9.50 5 News Weekend
10.00 Big Brother. Highlights of another 24 hours in the Big Brother house, including coverage of the latest eviction as seen from the point of view of the contestants.
11.00 Big Brother's Bit on the Psych. AJ Odudu is joined by a panel of psychologists and celebrity fans to analyse the housemates' behaviour
12.00 SuperCasino. 4.00 Nick's Quest. (R) 4.25 Make It Big. (R) 4.50 Roary the Racing Car. (R) 5.00 Angels of Jarm. (R) 5.10 Hana's Helpline. (R) 5.20 Angels of Jarm. (R) 5.25 The Funky Valley Show. (R) 5.30 Roary the Racing Car. (R) 5.50 Hana's Helpline. (R)

DIGITAL

BBC Three
7.00 UEFA Women's Euro 2013. Finland v Sweden (Kick-off 1.30pm) 9.30 The Script and Dizzee Rascal @ 9.10 Rihanna and Calvin Harris @ 1
BBC Four
1.00 Heritage: The Battle for Britain's Past. 8.00 Nelson's Caribbean Hell-hole. An Eighteenth Century Navy Graveyard Uncovered 9.00 Wallander: The Man Who Smiled 11.10 Buchy Blanch: Two Steps from the Blues
ITV2
4.55 Film: Star Wars: Episode IV A New Hope (1977) 1.30 Film: The Mummy (1959) 10.00 Film: I Now Pronounce You Chuck & Larry (2007)
ITV3
2.45 Film: The Four Musketeers (1974) 4.55 Agatha Christie's Poirot 8.00 Agatha Christie's Marple 9.00 Lewis 11.00 Cash Blood II
ITV4
2.00 Tour de France 2013 Live Coverage of stage 14 of the world's most famous cycle race 4.30 Police, Camera, Action 5.00 British Superbike Championship Highlights 8.00 The Motorbike Show 9.00 Tour de France 2013 Highlights 9.00 Black Gold 10.00 Hell on Wheels I 11.00 Film: Lock, Stock and Two Smoking Barrels (1998)
E4
5.25 The Mindy Project 6.00 The Big Bang Theory 7.00 How I Met Your Mother 8.00 Happy Endings 9.30 2 Broke Girls 10.00 Film: Beverly Hills Cop III (1994) 11.00 The Inbetweeners
Film4
3.05 Congo (1995) 5.10 The Iron Giant (1999) 6.50 The Chronicles of Narnia: The Voyage of the Dawn Treader (2010) 9.00 Sorcerer 11.00 Aliens (1986)

SUNDAY'S TV 14.07.13

CHOICE

Swann Nambotin

The Returned
Channel 4, 9pm

What's going on in the small French town? We've seen five episodes so far and we're none the wiser. Instead, we're intrigued, gripped and, if truth be known, a little bit frustrated. But one we learned a little bit more about what's going on – if only for our peace of mind. Pierre should certainly not be trusted – after all he was present when little Victor and his family were slaughtered by burglars. Nevertheless, he remains a trusted member of the community, especially after he calls a meeting of the families affected by the school-bus accident.

BBC1

6.00 Breakfast 9.00 The Andrew Marr Show 10.00 Sunday Morning Live 11.00 Sunday Politics. Weather for the Week Ahead 12.20 Countryfile. (R) 1.15 Bargain Hunt. (R) 2.00 Homes Under the Hammer. (R) 3.00 Helicopter Heroes. (R) 3.30 Rhys Jones's Wildlife Patrol 4.00 Escape to the Country. (R) 5.00 Songs of Praise 5.35 Eastenders. (R)
6.35 BBC News. Regional News, Weather
7.00 Antiques Roadshow. The team valines more decorative objects and rarities at Chatsworth House in Derbyshire, including a painting thought to be by Constable and a set of designs for exotic jewellery
8.00 Countryfile. Ellie Harrison and Adam Henson visit the Shetlands, where highlights include Viking chess, a dancing sheep and a search for one of the UK's rarest birds – the red-necked phalarope.
9.00 The White Queen. Warwick orders Isabel back to England to retain her husband George's loyalty to King Henry VI, while Margaret Beaufort is furious to discover Elizabeth has had a son
10.00 BBC News. Regional News, Weather
10.25 Luther. The detective's hate is interrupted by news of another murder. (R)
11.25 Live at the Apollo. With Kevin Bridges, Shappi Khorsandi and Jack Whitehall (R)
11.55 Film: Two for the Money (2005) Gambling drama, with Al Pacino
1.00 Weatherview 1.55 BBC News

BBC2

6.00 This Is BBC Two 7.00 Film: Every Day's a Holiday. (1965) 8.30 Monty Don's French Gardens. (R) 9.30 The Hairdresser Garden. 10.00 Saturday Kitchen Best Bites. 11.30 Raymond Blanc: How to Cook Well. (R) 12.00 What to Eat Now. (R) 12.30 Live MotoGP 2.00 Athletics. British Championships 4.00 Live Challenge Cup Rugby League
8.50 A Race Against Time: Hillary Usher's Ramnil Britain Dream
1.30 With Cameraman at Work. New series. Five wildlife cameramen reflect on their favourite natural history moments.
8.00 Top Gear. Jeremy Clarkson, Richard Hammond and James May head to Spain to help its struggling economy and create a street circuit. Benedict Cumberbatch drives the Rarenneby Priceit Car
9.00 Hunt vs Lauda. F1's Greatest Racing Rivals. The battle for the 1976 world drivers' championship
10.00 Blackenhar the Third. The new prime minister plots to bankrupt the Prince Regent (R)
10.35 Mock the Week. With Josh Widdicombe, Ed Byrne and Hal Cruttenden (R)
11.05 What a Load of Buzzcocks. Mitch Mews stories and highlights of the comedy quiz from 2007 (R)
11.30 Golf: Scottish Open Highlights. Action from the fourth round of this year's tournament
12.35 Film: Everything. (2004) 2.00 Sign Zone: Countryfile (R) 3.00 Holby City. (R) 4.00 This Is BBC Two

ITV

6.00 CITV: Jake and the Neverland Pirates. 6.15 Jake and the Neverland Pirates. 6.25 Peppa Pig. 6.40 Peppy Cat. 6.50 Caninimals. (R) 7.00 Caninimals. (R) 7.10 Bookaboo 7.20 Kick Buttowski – Suburban Daredevil. 7.35 The Avengers: Earth's Mightiest Heroes. 8.00 Sonny with a Chance. 8.25 ITV News. 8.30 Country House Sunday. 9.25 The Jeremy Kyle Show. HSA. 10.15 Monster She Wrote. (R) 11.20 ITV News: Weather. 11.25 Film: Cinderella. An Exercise in Futility. (1974) 1.25 Love Your Garden. (R) 2.25 Film: Always. (1989) 4.35 A Touch of Frost. (R)
8.00 Regional Programme. Weather
8.45 ITV News: Weather
1.00 Tipping Point: Lucky Stars. Jane McDonald, Rosemary Shrager and Louie Spence take part in the quiz show in which contestants answer questions to win tinme on an arcade-style machine. Ben Shephard presents
8.00 All Star Mr & Mrs. With Una Healy of the Saturdays and England rugby union player Ben Foden. TV presenter Yvette Fielding and her husband Karl Beattie, and comedian Eddie Large with his wife Patsy
8.00 Law & Order: UK. New series. Part one of two. A suicidal man causes a train crash and 15 deaths.
10.00 ITV News: Weather
10.15 The Talent Show Story. How The X Factor became one of TV's biggest shows. (R)
11.15 Murder Sits Wrath. (R)
12.10 The Store 2.15 Motorsport. UK. 3.30 British Superbike Championship Highlights 3.50 Monk. (R) 4.35 ITV Nightscreen. 5.00 The Jeremy Kyle Show. (R)

CHANNEL 4

6.00 The Treacle People. (R) 6.10 The Hoobs. (R) 6.35 FIA GT Series. 7.30 Inspiration 2013 7.55 Rat Race Dirty Weekend. 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Sunday Brunch. 12.30 The Big Bang Theory. (R) 1.00 The Simpsons. (R) 1.30 The Simpsons. (R) 2.00 Film: Fame. (2009) 4.45 Deal or No Deal. 5.00 Film: Marley and Me. (2008) Comedy drama, starring Owen Wilson and Jennifer Aniston
7.20 Channel 4 News
7.50 Ramadan Diaries. Short films following British Muslims as they observe Ramadan
7.55 Bandits: Leal Tribe: A Time Team Special. Tony Robinson traces the story of the female warrior, following an excavation in Norfolk that may help nines to what happened to her tribe. She spent after their defeat. (R)
8.00 The Naturals. The team be offered by a power cut, with Pierre forming a community around Camille and Jhile binding relinge at Lanre's house with Victor, whose body is undergoing a transformation
10.15 Film: Attack the Block. (2011) A student nurse and a teenage gang band together to fight off alien invaders terrorising a south London tower block. Sci-fi comedy thriller with John Whittaker
11.40 Film: Rec 2. (2009) Horror sequel with Jonathan Mellor, Oscar Sanchez Zafra and Manuela Velasco
1.25 Film: XM 3: (2006) Horror starring Iliana Fox. 3.10 Location Location. Location. (R) 4.00 Connections. (R) 4.50 Deal or No Deal. (R) 5.45 Baking Mad with Erin Lanlard. (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. 8.05 Roary the Racing Car. (R) 8.15 Fifi and the Flowertots. (R) 8.25 Bottle Diggers. 8.35 The Mr Men Show. (R) 4.50 Chloe's Closet. 7.00 Milkshake! Mashiko. (R) 7.30 Bananas in Pyjamas. (R) 7.40 Bananas in Pyjamas. (R) 1.25 Noddy in Toyland. (R) 1.40 Citykidz Friends. (R) 7.50 Bert and Ernie's Great Adventures. (R) 1.50 Little Princess. (R) 8.10 The Adventures of Betty Top Hill and His Best Friend Corky. (R) 8.20 Mio Mao. (R) 8.25 Angelina Ballerina. (R) 8.45 Angel Bear. (R) 8.00 Ben and Holly's Little Kingdom. (R) 9.15 Tidy's Traveling Cross. (R) 9.30 Roary the Racing Car. (R) 8.45 Jelly Jamm. 10.00 The Mr Men Show. (R) 1.15 Power Rangers Samurai. (R) 1.0 53 Inside Hollywood. (R) 10.55 Big Brother. (R) 11.50 55 BOTS: Rylan's Spinsterzoo Celebrity Sunday. 12.55 Film: Chitty Chitty Bang Bang. (1968) 3.45 Film: An American Tail. (1986) 5.15 Film: Charlie's Angels. (2000) Action adventure starring Drew Barrymore
1.00 Cricket: The Ashes. England v Australia
8.00 Once Upon a Time. Emma, Mr Gold and Henry find Neal're in Manhattan
8.55 5 News Weekend
9.00 Big Brother. Daily round-up of highlights
10.00 Film: Bangkok Dangerous. (2008) Action thriller remake with Nicolas Cage
12.00 Film: Today You Die. (2005) Action thriller starring Steven Seagal. 1.45 SuperCasino. 3.00 Nick's Quest. (R) 4.20 Make It Big. (R) 4.50 Roary the Racing Car. (R) 5.00 Angels of Jarm. (R) 5.05 Hana's Helpline. (R) 5.15 Angels of Jarm. (R) 5.25 The Funky Valley Show. (R) 5.35 Roary the Racing Car. (R) 5.50 Hana's Helpline. (R)

DIGITAL

BBC Three
7.00 UEFA Women's Euro 2013. 8.30 The Killers @ 1 Tonight, it's headline performance by the Las Vegas-based rockers. 11.00 David Gnetta and Labrinth @ 1
BBC Four
2.00 Frost on Interviewers 8.00 The Rev ew Show 9.00 London: A Tale of Two Cities with Dan Cruickshank 10.00 Grand Prix: The Killer Years 11.00 When Albums Ruled the World
ITV2
2.15 Film: Happy Feet (2006) 4.10 Film: Star Wars: Episode V The Empire Strikes Back (1980) 8.45 Film: The Mummy: Tomb of the Dragon Emperor (2008) 11.00 Film: Knocked Up (2007) 11.35 Totally Funniest Goalmouse Mirth Reports
ITV3
4.05 Film: Carry On Up the Jungle (1970) 5.55 Wycliffe 7.00 Agatha Christie's Poirot 9.00 Film: The Portrait of a Lady (1996) 11.55 Blue Murder
ITV4
1.30 Tour de France 2013 Live Stage 15 from Givors to Mont Ventoux. 4.30 Police, Camera, Action! 5.00 World's Wildest Police Videos 8.00 BRDC Formula 4 Championship Highlights 7.00 Tour de France 2013 Highlights 8.00 Murder 8.00 Film: Universal Soldier: Regeneration (2009) 11.00 Film: The Killer Inside Me Me (2010)
E4
4.30 90210 5.25 The Mindy Project 6.00 The Big Bang Theory 7.30 New Girl 8.00 Film: Just My Luck (2006) 10.00 The Inbetweeners 11.35 Skins: Fire – Part Five
Film4
2.55 Horton Hears a Who! (2008) 4.35 Oliver Twist (2005) 7.10 Frost Graf (2009) 9.00 Sorcerer of the Witch (2011) 10.50 Harsh Times (2005)

Monday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 The Specials. 11.30 Escape to the Country (R) 12.15 Bargain Hunt 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Land Girls (R) 2.30 Only Fools and Horses. (R) 3.30 Perfection. (R) 4.15 Flog It! (R) 5.15 Pointless (R) 6.00 BBC News, Weather 6.30 Regional News Programmes Weather 7.00 Eat Well for Less? A tale of two fish-and-chip dinners; BBC News, Regional News. 8.00 EastEnders. Ian is forced to choose between the business and his family. 8.30 Fake Britain. Matt Allwright investigates imitation car airbags that can kill. 9.00 Broken by Belfie. Suicide and grief-traumatic stress disorder among British troops. 10.00 BBC News. 10.25 Regional News Weather. 10.35 My £9.50 Holiday. 11.15 Nick and Margaret: We All Pay Your Benefits. (R) 12.15 Weatherview. 12.20 BBC News.

BBC2 6.00 Homes Under the Hammer (R) 7.00 The Specials. (R) 7.30 Bargain Hunt. (R) 8.15 Sign Zone. Don't Get Done Get Dorn. (R) 9.00 Town with Nicholas Crane (R) 10.00 Rhys Jones's Wildlife Patrol. (R) 10.30 Golf: The Story of the Open Championship 2002. 11.20 BBC World News. 12.00 Daily Politics. 1.00 Golf: Scottish Open Highlights. 3.00 Rowing World Cup. Action from the third and final regatta in Lucerne, Switzerland. 4.30 UEFA Women's Euro 2013. 7.00 Top Gear. (R) 8.00 University Challenge. 2009 Count Arthur Strong. 9.00 Rick Stein's India. 10.00 What a Load of Buzzcocks. 10.30 Newsnight. Weather 11.20 Flights and Flights Inside the Low Cost Airlines. (R) 12.20 Sign Zone. The Apprentice: The Final Five. (R) 1.20 Let's Do Lunch (R) 2.20 This Is BBC Two. 3.56 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Let's Do Lunch with Gino & Mel. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 The Dales. 8.30 Coronation Street. 9.00 Long Lost Family. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 Benidorm. (R) 11.05 Monk. (R) 12.00 Jackpot247. 3.00 The Jeremy Kyle Show. (R) 3.55 ITV Nightscreen. 5.05 The Jeremy Kyle Show (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Hugh's 3 Good Things: best Bites. (R) 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Will & Grace. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Everybody Loves Raymond. (R) 9.35 Fraser. (R) 10.00 Frasier. (R) 10.30 Frasier. (R) 11.00 The Secret Millionaire USA. 12.00 Channel 4 News Summary. 12.05 Grand Designs Australia. 1.05 Hughs 3 Good Things: Best Bites. 1.10 Film: Pillow Talk (1959). Romantic comedy starring Rock Hudson and Doris Day. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Brendan's Magical Mystery Tour. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 South Africa's Dirty Cops. Channel 4 Dispatches. 8.30 Food Unwrapped. 9.00 Undercover Boss. 10.00 Run. 11.00 Coming Up. 11.30 Eye Spy. 12.35 First Dates. (R) 1.30 Dates. (R) 2.30 Location Location. (R) 3.25 Secret Eaters. (R) 4.20 Countdown. (R) 5.00 Kirstie's Vintage Gems. (R) 5.15 Deal or No Deal. (R)

Channel 5 7.00 Milkshake! 9.15 The Wright Stuff. 11.10 Gilmitar: Britain in the Sun. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.20 NCIS. (R) 3.20 Film: Wild Hearts. (2006) Drama starring Richard Thomas. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News Talk Live. 7.00 The Ghosts of the Mary Rose. Revealed. (R) 8.00 5 News Update. 8.00 The Cadbury Show: 5 News at 9. 9.00 The Girl with 60 Per Cent Burns: Extraordinary People. A teenager who suffered devastating burns as a toddler. (R) 10.00 Big Brother. 11.00 Big Brother's Bit on the Side. 12.00 The Walking Dead. 12.55 SuperCasino. 4.00 HouseBusters. (R) 4.25 House Doctor. (R) 5.10 Michaela's Wild Challenge. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) 11.00 The Specials. 11.30 Escape to the Country. (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Land Girls. (R) 2.30 Only Fools and Horses. (R) 3.30 Perfection. (R) 4.15 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News, Weather. 6.30 Regional News Programmes, Weather. 7.00 The One Show. Best of Britain. 7.30 EastEnders. BBC News, Regional News. 8.00 Holby City. Arthur struggles when he is put in charge of Keller for the day. 9.00 Luther. The cop searches for a vigilante killer. 10.00 BBC News. 10.25 Regional News, Weather. National Lottery Update. 10.35 Images of Nazi Germany: Zahe Hadid. Who Dares Wins. Alan Yentob meets the avant-winning female architect. 11.35 Film: Dirty Pretty Things. (2002) Drama, starring Audrey Tautou and Chiwetel Ejiofor. 1.05 Weatherview. 1.10 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer. (R) 7.05 The Specials. (R) 7.30 Bargain Hunt. (R) 8.20 Sign Zone. Don't Get Done Get Dorn. (R) 9.05 Antiques Roadshow. (R) 9.00 Rhys Jones's Wildlife Patrol. (R) 10.05 Rhys Jones's Wildlife Patrol. (R) 10.35 Golf: The Story of the Open Championship 1992. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Instant Restaurant. (R) 1.45 Weakest Link. (R) 2.30 Classic Masterminds. (R) 3.00 The A to Z of TV Gardening. (R) 3.45 A Taste of My Life. (R) 4.15 Frozen Planet. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Britain's Empty Homes. (R) 7.00 Indian Ocean with Simon Reeve. (R) 8.00 Raymond Blanc: How to Cook Well. 8.30 The Cruise. A Life at Sea. 9.00 The Route Masters: Running London's Roads. 10.00 Family Tree. 10.30 Newsnight. Weather. 11.20 Hunt vs Lauda: F1's Greatest Rivalry. (R) 12.20 Sign Zone. The Apprentice. (R) 1.20 This Is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Let's Do Lunch with Gino & Mel. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 The Royle Mistakes. 8.30 Natures Newborns. 9.00 Love Your Ordeal. 9.30 Robson Green: How the North Was Built. 10.30 ITV News at Ten, Weather. 10.30 ITV News London, Weather. 10.35 Piers Morgans Life Stories. Jeremy Clarkson. (R) 11.35 In Plain Sight. 12.25 Jackpot247. 3.00 In Plain Sight. (R) 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Hugh's 3 Good Things: best Bites. 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Will & Grace. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Everybody Loves Raymond. (R) 9.35 Fraser. (R) 10.00 Frasier. (R) 10.35 Fraser. (R) 11.00 The Secret Millionaire USA. 12.00 Channel 4 News Summary. 12.05 Grand Designs Australia. 1.05 Film: Pinocchio (1940). 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Brendan's Magical Mystery Tour. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Bob Geldof's Live Aid: What's Your Emergency? (R) 12.00 Extreme A&E. (R) 1.00 Poker. 1.55 KOTV Boxing. Weekly. 2.20 Sailing: America's Cup: Broadsword. 2.50 Beach Volleyball. 3.50 The Grief. (R) 4.20 Caterham UK Racing. (R) 4.45 Ironman 2013. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Incredible Hulk Woman Extraordinary People. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.20 NCIS. (R) 3.15 Film: Mystery Woman: Game Time. (2005) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News Talk Live. 7.00 Monkey Life. (R) 7.30 Highland Emergency. (R) 8.00 5 News Update. 8.00 Gibraltar: Britain in the Sun. 9.00 5 News at 9. 9.00 CSI: Crime Scene Investigation. 10.00 Big Brother. 11.00 Big Brother's Bit on the Side. 12.00 CSI: Miami. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) 11.00 The Specials. 11.30 Escape to the Country. (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Land Girls. (R) 2.30 Only Fools and Horses. (R) 3.30 Perfection. (R) 4.15 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News, Weather. 6.30 Regional News Programmes. Weather. 7.00 Your Money Their Tricks. Holiday features, including airport parking and hire-car problems. BBC News, Regional News. 8.00 The Apprentice: The Final. The remaining two launch their businesses in a task to determine the winner. Last in the series. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 Images of Nazi Germany: Zaha Hadid. Who Dares Wins. Alan Yentob meets the avant-winning female architect. 11.35 Film: Dirty Pretty Things. (2002) Drama, starring Audrey Tautou and Chiwetel Ejiofor. 1.05 Weatherview. 1.10 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer. (R) 7.05 The Specials. (R) 7.30 Bargain Hunt. (R) 8.20 Sign Zone. Don't Get Done Get Dorn. (R) 9.05 Helicopter Heroes. Down Under. (R) 5.30 Auction Hero. (R) 10.30 Golf: The Story of the Open Championship 1987. 11.30 Daily Politics. 1.00 Instant Restaurant. (R) 1.45 Weakest Link. (R) 2.30 Classic Mastermind. (R) 3.00 The A to Z of TV Gardening. (R) 3.45 A Taste of My Life. (R) 4.15 Frozen Planet. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Britain's Empty Homes. (R) 7.00 Indian Ocean with Simon Reeve. (R) 8.00 Restoration Home. 9.00 The Real White Queen and Her Rivals. 10.00 Maxine Peake Performances. Hotel and Paterson. 10.30 Newsnight. Weather. 11.20 Golf: The Open Preview. 11.50 The Route Masters: Running London's Roads. (R) 12.50 Sign Zone. Horizon: The Age of Big Data. (R) 1.50 This Is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Let's Do Lunch with Gino & Mel. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London Weather. 6.30 ITV News, Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 The Cube. (R) 12.30 Jackpot247. 3.00 Plan B. 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Hugh's 3 Good Things: best Bites. 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Will & Grace. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Everybody Loves Raymond. (R) 9.30 Fraser. (R) 10.00 Frasier. (R) 10.30 Frasier. (R) 11.00 The Secret Millionaire USA. 12.00 Channel 4 News Summary. 12.05 Grand Designs Australia. 1.10 Film: Pillow Talk (1959). Romantic comedy starring Rock Hudson and Doris Day. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Brendan's Magical Mystery Tour. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Supersize vs Superskinny. 9.00 Food Dates. 10.00 Ran. 10.55 24 Hours in A&E. (R) 12.00 Princess Diana's Dresses: The Auction. (R) 1.00 Location Location. (R) 3.45 The Fabulous Baker Brothers. (R) 4.10 Deal or No Deal. (R) 5.05 Countdown. (R) 5.50 Kirstie's Handmade Treasures.

Channel 5 7.00 Milkshake! 9.15 The Wright Stuff. 11.10 Cowboy Traders. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.20 NCIS. (R) 3.15 Film: Mistle the Chameleon Murder. (2005) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News Talk Live. 7.00 Emergency Rivers. (R) 5 News Update. 8.00 Myra Hindley: The Untold Story. 5 News at 9. 9.00 Slaughtered at the Murder Hotel. (R) 10.00 Big Brother. 11.00 Big Brother's Bit on the Side. 12.00 National Heads Up Poker Championships. 1.00 SuperCasino. 4.00 HouseBusters. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) 11.00 The Specials. 11.30 Escape to the Country. (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Land Girls. (R) 2.30 Only Fools and Horses. (R) 3.30 Perfection. (R) 4.15 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News, Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. Best of Britain. The programme's most memorable stories. 7.30 EastEnders. BBC News, Regional News. 8.00 Britain's Favourite Supermarket Foods. Part one of two. The positive health effects of everyday foods. 8.30 Nick and Margaret: We All Pay Your Benefits. Part two of two. The claimants experience working life. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Landlords. 11.35 This Week. 12.20 Holiday. Weatherview. 12.25 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 The Specials. (R) 7.30 Bargain Hunt. (R) 8.15 Sign Zone. Don't Get Done Get Dorn. (R) 8.00 Live Golf: The Open Championship. Coverage of the opening day from Muirfield. 8.00 Indian Ocean with Simon Reeve. (R) 9.00 Hebrides: Islands on the Edge. A huge storm hits the arch pelago. 10.00 Mock the Week. 10.30 Newsnight. Weather. 11.20 A Race Against Time: Hilary Lister's Round Britain Dream. (R) 12.20 Golf: The Open Championship - Highlights. 1.05 Sign Zone: South Africa. The Massacre That Changed a Nation. (R) 2.05 Ismael: Facing the Future. (R) 3.05 This Is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Let's Do Lunch with Gino & Mel. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London Weather. 6.30 ITV News, Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Emmerdale. 8.30 Married to the Job. 9.00 The Bank. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 The Zoe. (R) 11.35 The Cube. (R) 12.30 Jackpot247. 3.00 Plan B. 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Hugh's 3 Good Things: best Bites. 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Will & Grace. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Everybody Loves Raymond. (R) 9.30 Fraser. (R) 10.00 Frasier. (R) 10.30 Frasier. (R) 11.00 The Secret Millionaire USA. 12.00 Channel 4 News Summary. 12.05 Grand Designs Australia. 1.05 Film: Pinocchio (1940). 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Brendan's Magical Mystery Tour. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Four Rooms. 9.00 The Million Pound Drop Live. 10.35 Phone Shop. 11.00 Celebrity Juice. 11.40 Trojan Donkey. 12.10 The Million Pound Drop Live. (R) 1.35 New Girl. 2.00 The Mindy Project. 2.20 Accidentally on Purpose. (R) 2.45 Mash Love Trine. (R) 2.50 Mesh Lule Fantasyh. (R) 2.55 Dish (R) 3.05 Mommies Boy. (R) 3.25 Phil Spencer: Secret Agent. (R) 4.20 Deal or No Deal. (R) 5.15 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 World's Busiest Train Station. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Rosamunde Pilcher's Autumn. (R) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News Talk Live. 7.00 Cricket: The Ashes. 5 News Update. 8.00 Cowboy Traders. The team goes on the trail of a rogue cosmetic dentist. 5 News at 9. 9.00 The Hotel Inspector: Returns. New series. Alex Polizzi revisits hoteliers she helped previously. 10.00 Big Brother. The housemates complete their shopping task. 11.00 Big Brother's Bit on the Side. 12.00 SuperCasino. 4.00 HouseBusters. (R) 4.25 House Doctor. (R) 5.10 Michaela's Wild Challenge. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) 11.00 The Specials. 11.30 Escape to the Country. (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Land Girls. (R) 2.30 Only Fools and Horses. (R) 3.30 Perfection. (R) 4.15 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News, Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. Best of Britain. 7.30 Nigel Slater's Dish of the Day. The food writer turns the contents of his weekly shop into seven dishes. (R) BBC News. Regional News. 8.00 EastEnders. Alfie is reluctant to tell Kat about the engagement. 8.30 Sherlock. (R) 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 Would I Lie to You? (R) 11.05 Pointless. 12.05 Film: Severance. (2006) Comedy horror starring Danny Dyer. 1.35 Weatherview. 1.40 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 The Specials. (R) 7.30 Bargain Hunt. (R) 8.15 Sign Zone. Don't Get Done Get Dorn. (R) 9.00 Live Golf: The Open Championship. Coverage of the second day's play from Muirfield. 9.00 Celebrity Masterchef. (R) 9.30 Restoration Home. 10.00 The Making Game——: Natural World Special. The different methods an male rise to find a mate. 10.00 Gil With Robert Webb. Phil Jupitus and Ronni Ancona. (R) 10.30 Newsnight. 11.00 Weather. 11.05 Tim the Plumber 2013. Highlights including performances by Mumford & Sons, Rihanna, the Killers and Calvin Harris. 1.05 Golf: The Open Championship - Highlights. 1.50 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Let's Do Lunch with Gino & Mel. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London Weather. 6.30 ITV News, Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Doc Martin. (R) 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 Film: Gladiator. (2000) Oscar-winning Roman epic starring Russell Crowe. 1.20 Jackpot247. 3.00 Film: Columbo: Now You See Him. (1976) Detective drama starring Peter Falk. 4.15 ITV Nightscreen.

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 Hugh's 3 Good Things: best Bites. 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Will & Grace. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Everybody Loves Raymond. (R) 9.35 Fraser. (R) 10.00 Frasier. (R) 10.30 Frasier. (R) 11.00 The Secret Millionaire USA. 12.00 Channel 4 News Summary. 12.05 Grand Designs Australia. 1.05 Film: Johnny Guitar. (1954) Western starring Joan Crawford and Ernest Borgnine. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Brendan's Magical Mystery Tour. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Four Rooms. 9.00 The Million Pound Drop Live. 10.35 Phone Shop. 11.00 Celebrity Juice. 11.40 Trojan Donkey. 12.10 The Million Pound Drop Live. (R) 1.35 New Girl. 2.00 The Mindy Project. 2.20 Accidentally on Purpose. (R) 2.45 Mash Love Trine. (R) 2.50 Mesh Lule Fantasyh. (R) 2.55 Dish (R) 3.05 Mommies Boy. (R) 3.25 Phil Spencer: Secret Agent. (R) 4.20 Deal or No Deal. (R) 5.15 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Emergency Bikers. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.20 The Mentalist. (R) 3.15 Film: Deadly Sibling Rivalry. (2011) Premiere. Thriller starring Charisma Carpenter. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News Talk Live. 7.00 Cricket: The Ashes. 5 News Update. 8.00 World's Busiest Airport. 5 News at 9. 9.00 Big Brother. Live Eviction. Housemate number five gets the boot. 10.30 Big Brother's Bit on the Side. 11.30 Big Brother: Live from the House. 12.00 SuperCasino. 3.55 Motorsport Mandial. 4.25 House Doctor. (R) 5.10 Michaela's Wild Challenge. (R)

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2012 Paralympic heroes launch Sainsbury's 'Race to Rio'

SAINSBURY'S is inspiring kids across the country to Race to Rio in a new initiative that will encourage thousands to get active and support the development of the next generation of Paralympians. As part of the scheme kids from across the UK will get the one in a lifetime chance to race in the Olympic Stadium, London.

Launched today by London 2012 heroes Jonnie Peacock and David Weir, Sainsbury's Race to Rio will see children across the country pledge to complete a mile, until all the 5,750 miles between London and the host city for the 2016 Olympic and Paralympic Games have been completed.

Each pledge will help raise funds for the British Paralympic Association. Sainsbury's will donate £10 for every pledge as part of its commitment to support the British Paralympic Association all the way to Rio 2016.

As an added incentive, everyone who pledges before Monday 15 July will have the chance to race a mile in the Olympic Stadium on the morning of the Sainsbury's Anniversary Games on Friday 26 July.

Justin King, Sainsbury's CEO, said: "As the first ever sole-sponsor of the Paralympic Games, we saw for ourselves the power of sport to bring people and communities together, which is why I am proud to launch Race to Rio, part of our continued support of Paralympic sport.

"It is vital that the pride we all felt last summer translates itself into a lasting legacy, which is why we launched Active Kids for All last year and announced earlier this year our sponsorship of the Sainsbury's Summer Series."

Keeping up the momentum in promoting a lasting legacy of support for Paralympic sport and following on from the launch of Sainsbury's Active Kids for All, Sainsbury's Race to Rio will inspire kids all across the UK to get behind ParalympicsGB ahead of Rio 2016.

Paralympic Gold Medallist Jonnie Peacock, MBE said: "Sainsbury's Race to Rio will give kids across the UK the chance to experience the thrill of the Olympic stadium and will help inspire them to lead healthier, more active lifestyles. Every mile counts, and Race to Rio will help support young potential Paralympic athletes as they, too, set their sights on Rio."

Quadruple Paralympic Gold Medallist David Weir, CBE, added: "Getting kids involved in sport and activity at a young age is really important, which is why Sainsbury's Race to Rio is such a good idea. Doing something achievable like completing a mile could inspire the next young British athlete or just get kids to be active in a different way.

"Seeing the support of the British public for Paralympic sport last summer was unbelievable and I hope that schemes like Race to Rio will continue to help stoke the fire of support for ParalympicsGB all the way to Rio 2016."

Jonnie Peacock, Justin King and David Weir

From field to the freezer

Waitrose launches beef facility in UK first

FROM this week, Waitrose will start producing frozen beef from its own dedicated production facility ensuring full traceability and one of the shortest supply chains among UK supermarkets.

A first for the industry, the facility means that all fresh and frozen beef for Waitrose will now be handled entirely by one supplier, shortening the distance between farm gate and supermarket shelf.

The state-of-the-art operation is also fully integrated meaning that the entire production process will be managed by Dovecote Park, from the cattle, right through to the consumer packaging which is directly distributed to Waitrose.

Waitrose sources all of its fresh and frozen beef entirely from a known and trusted group of British farmers and none of the beef is bought on the open market*. This additional investment means that, just like Waitrose fresh beef, all of Waitrose frozen beef will now be managed exclusively by Dovecote Park. No other retailer is able to source all of its beef from one supplier.

The new facility starts production this week, and completes Dovecote Park's ability to produce all Waitrose beef products, from beef burgers, meatballs, joints, steak and mince to producing the beef used in fresh and frozen ready meals.

Dovecote Park has been supplying Waitrose with high quality fresh beef products since 1997. The frozen development by Dovecote Park has created further job opportunities in the local area.

Heather Jenkins, Buying Director for meat, poultry, fish, frozen, dairy and agriculture, Waitrose, says: "We've a long heritage of working with Dovecote Park to produce high quality and tasty meat, and we're delighted that this new frozen facility means we can get all our fresh and frozen beef from one source. More importantly for our customers is that it's fully traceable as it's controlled by one processor, which shortens the supply chain and gives our customers total reassurance about where their beef has come from. Our customers rightly expect the highest standards of product quality and integrity from us and we won't let anything stand in the way of delivering this."

The new frozen production methods used also means that the meat, from burgers to meatballs, provides the same quality and taste as chilled meat, with the convenience of frozen.

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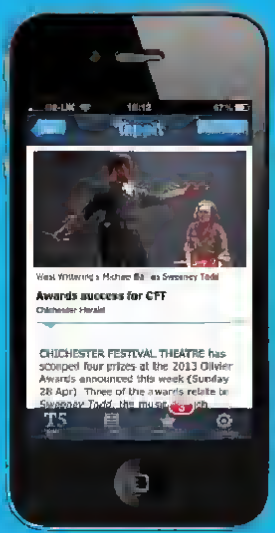
Awards success for CFT
Chichester Herald
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr). Three of the awards relate to

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The soya debate goes on!

IS SOYA (soy) a health food or an oestrogenic nightmare?

Soya beans and the products made from them are not quite the health foods that so many companies would have us believe. Firstly, approaching 99% of all the soya products on the market are from genetically modified crops. There is conflicting opinions regarding this but whatever your personal view, I would not recommend eating genetically modified crops, because we just simply do not know if they will have any long term health consequences for us, they are relatively new to the scene and therefore insufficient data is available.

Secondly, and of importance for those who have not yet made up their minds about the genetic modification issue, we must consider that soya itself, genetically modified or otherwise, has been shown to inhibit thyroid function. If you want thyroid health, soya is off the menu. Soya is also allergenic and for some people quite difficult to digest. Additionally it contains high quantities of phyto-oestrogens, plant chemicals which mimic oestrogen and are being considered now to be detrimental to our sex hormone balance. There is some evidence to suggest that high consumption of soya products such as those highly processed meat and milk substitutes that are targeted towards vegans, can cause feminisation in men, and even breast cancer in women. This is not a desirable characteristic.

Denise Kelly

There is also a lot of evidence that the low incidence of breast cancer in Japanese women eating their traditional diet is due not to what their diet contains (i.e. fermented soya), but what it leaves out (high volume of dairy products, primarily, and a lot less meat than the quantities consumed by Western women). Recent studies in mice indicate that genistein, one of the phytoestrogens found in soya, increases the incidence of breast cancer in this species. The same is presumed to be the case for humans. Oestrogen dominance is a major issue for Western women, particularly as they head towards menopause.

A great place to start is to make your own "milk" out of almonds, pecans or other nuts. You can make a fabulous "cheese" from soaked macadamias, cashews and lemon juice with a little crushed garlic. Both taste way better than the processed alternative and will add to, rather than detract from, your health profile.

There is always a better alternative!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

Almond Milk... You'll find 50% of your daily recommended intake of Vitamin A in just a single serving of almond milk. This can help improve eye and skin care! Vitamin A helps your eyes ability to adjust to changes on light and improves the function of your eyes. Crucially it can help increase the health of your bones as it contains lots of calcium. Stronger bones can also mean the threat of Osteoporosis is greatly reduced as we get older, so this has to be a fantastic benefit!

Women weigh 7.4lbs lighter in the summer

THE AVERAGE woman's weight fluctuates by 1.6 stones during her lifetime – but she always looks her best in the summer, it has been revealed. Researchers found women typically start the year 7.4lbs (or 118.4 ounces) heavier than their ideal weight but go on to shed the required amount by the time spring arrives.

The study also found that collectively British women will shed a combined 196 million lbs this summer – more than 139 jumbo jets – with not being able to squeeze into last summer's clothes and feeling bits wobble were among the top incentives.

The research, commissioned by Sorelle, an alcohol free wine alternative, found that four in ten women admit to yo-yo dieting, as results showed a woman's weight fluctuates by 1.6 stone when comparing her at the heaviest and lightest weight she's ever been.

Just 7% of the 2,000 women studied said they managed to keep their weight constant all year round.

TV star and Sorelle's Summer Health ambassador Tina Hobley comments: "We all want to look our best when the sun comes out, and for lots of women it's the hidden calories in wine and beer that stop them from shedding the pounds. It's always important to think about what you are eating and drinking.

"Different seasons definitely dictate how much we eat and drink because of the number of social occasions and this can play havoc on our health and weight. Christmas is obviously a peak time for high calorific foods and alcohol and few of us can resist tucking into a few chocolate eggs at Easter.

"As the thought of getting into that beach bikini or in summer clothes now becomes a reality, so lots of women start to watch what they eat at this time of year. Very few are able to stick to one specific weight throughout the year and it's hard to keep a consistent weight."

When asked what their biggest weight worries were, women said that not fitting into an old dress (54%), seeing pictures of themselves when they were thinner (41%) and feeling wobbly bits when walking (38%) came in as the top three.

Being tagged in unflattering Facebook photos, a friend losing weight, or being bought an item of clothing that turns out to be too small were also among the top 10 worry triggers.

Women also revealed their summer weight loss motivation, with a fear of getting their arms out and exposing more skin among the top reasons.

For a third of those polled it was looking their best for an upcoming wedding, either to impress an old friend or ex, while 32% of women also admitted that seeing a friend that's in great shape also drove them to kick start a healthier lifestyle.

A concerned six in ten women keep a close eye on their weight all through the year and admit it's never far from their thoughts.

Three quarters of the women questioned are usually at their heaviest in winter – with January deemed the worst month in terms of her weight.

But nearly a quarter of women admitted they are still aiming to get into an outfit that they have hanging up in the wardrobe for the summer.

Tina Hobley added: "With the lure of a nice beer garden or numerous summer parties and barbecues it can be harder than ever to watch our figures and our alcohol intake often rises the more we socialise. However, for those worried about the calories, there are always low-calorie or alcohol free options."

Top 10 causes of weight worry

1. Outgrowing or not fitting into a favourite outfit
2. Seeing old pictures of yourself
3. Bits wobbling when you run/walk
4. Seeing photos of yourself on Facebook
5. Seeing a friend who is in great shape
6. A friend losing lots of weight/being really healthy
7. Something a partner says
8. Something a friend says
9. Skinnier friends complaining they feel fat
10. Someone buys you clothes that are too small

Spire Reactivate

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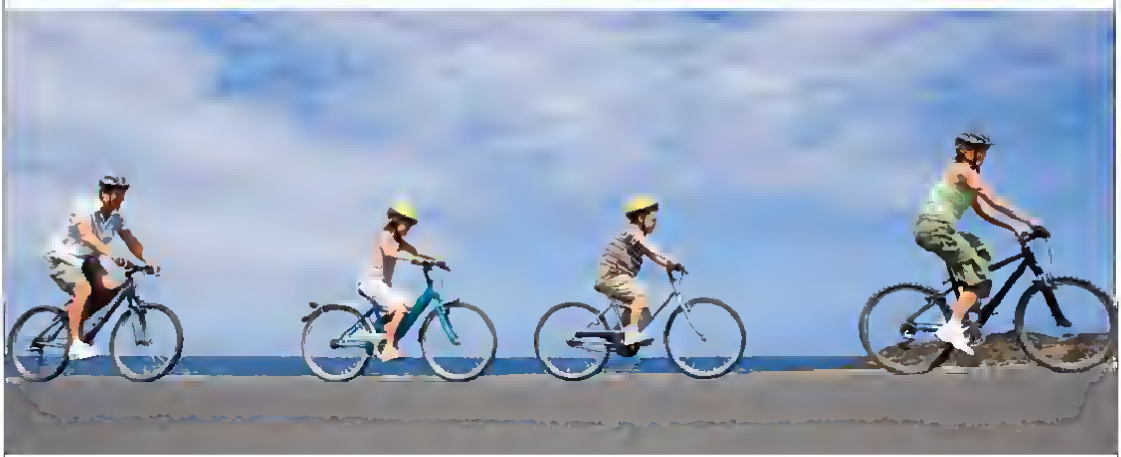

We are delighted to announce the opening of our new physiotherapy clinic at Chichester's Parklands Surgery.

Providing physiotherapy in a more local setting; whether you have a new injury from sports, a constant ache from a medical condition or post-operative physiotherapy, our physiotherapists are able to help.

Appointments will be available from Monday 15 July from 3pm on Mondays and Wednesdays.

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The 'wear by' date - crop-tops banished by 34, hot pants by 35

WOMEN should ditch belly-baring crop-tops by the age of 34, and avoid showing off midriffs in bikinis as soon as they reach 40 – according to other women, a study has revealed. Researchers found even if you sport a toned tum and slim body, two thirds of women believe certain clothes should come with a 'wear by' age – with most items deemed unsuitable by the big 4 0.

Mini skirts, hot pants and belly button piercings should also be avoided after your mid thirties.

And it s not just crop tops and bikinis that the over 30s need to avoid, with the mini skirt being labelled as 'too old' for those aged 37or above, while hot pants should be ditched at 35.

Ruth Crosty, spokeswoman for the All-Bran Five Day Challenge which commissioned the research, said: "People may say "if you've got it, flaunt it" – but it seems that this isn't always the case for some of our wardrobe staples.

"It's alarming that the crop top or bikini is causing such widespread 'midriff mayhem', and women actually believe it should come with some kind of a wear by date.

"Ultimately, it should come down to how confident you feel about your stomach and body – if you have worked hard to maintain a flat tum, you should be able to show it off.

"But for some women, a flat, less bloated tummy can prove elusive no matter how many stomach crunches they do and mean they aren t comfortable in revealing clothes as they get older.

"However the secret can be as simple as making a few small dietary changes like eating a fibre rich breakfast cereal every day, which is proven to ease bloating and that swollen tum look."

The study of 2,000 women also found leggings should also hit the bin by 37 and stilettos are a no-no if you are in the 41 plus age group.

Belly button piercings should be removed by the time you turn 35, while long hair should be given the chop at 42 to a shorter more 'mature' look.

And 27% believed ladies should stop shopping in 'younger' clothes stores like Topshop and Miss Selfridge once they reach their early forties.

Over a fifth of those polled said they would put age aside and show off their body if they had a flatter or less bloated looking tummy like celebs, but admitted they found it incredibly hard to achieve.

Another 16% believe in the mantra 'if you've got it, flaunt it'.

It also emerged that it's not just women who should put limits on their wardrobe, as the results also showed that men should give their beloved football shirts the boot at the age of 25.

Researchers also found that women are taking the lead from celebrities, with 07% of those surveyed saying famous females are making it more acceptable for women to wear belly-baring clothes after a certain age.

And Gwen Stefani came out as the biggest 'flat tum' inspiration after being crowned the most inspirational celebrity midriff.

The 43-year-old No Doubt singer beat off stiff twenty-something competition from the likes of Corrie heartthrob Michelle Keegan and Rihanna to prove she is no top of the flops in the tummy department.

Jennifer Aniston, Halle Berry and Kate Hudson, who are also in their forties, were listed amongst the top 10.

Ruth Crosty, spokeswoman for the All-Bran Five Day Challenge added: "Thankfully it seems like the celebs have got it sussed when it comes to understanding the relationship between feeling good on the inside and looking great and are not afraid to show off their midriffs- whatever their age."

Top 10 inspiration celeb mid-riffs

1. Gwen Stefani
2. Cheryl Cole
3. Michelle Keegan
4. Rhianna
5. Jennifer Aniston
6. Halle Berry
7. Kelly Brook
8. Megan Fox
9. Keira Knightley
10. Kate Hudson

Horoscopes

Horoscopes from Kimi
12th - 18th July

Aries

It's time to break free as the song goes. Those barriers you erected long ago in order to protect your heart and now no longer working. In fact they are imprisoning you. It is possible you know to show your vulnerability without appearing a walk over! What a liberating thought eh?! At work it is business as usual this week.

Taurus

A great week for a little introspection and thought gathering. You need to spend some on you this week. No, you are not being selfish so forget that idea. That is just that distorted conscience of yours. Yes, others do think you deserve a bit of you time. You should feel surprised and delighted at how well you are loved!

Gemini

I know you have felt overloaded in all aspects of your life for some time now but hey the good news is things are beginning to fall into place. There will be more clarity on the work and career front you should feel more directed. And those personal sacrifices may now finally seem worthwhile as you see relationship changes develop.

Cancer

Take control in all areas of your life this week. You know what you should do so do it. Do not let misplaced loyalty or old allegiances prevent you from doing what is right. You will be surprised at the respond if you do this. You will feel empowered and in control and others will see your future leadership potential.

Leo

Stop putting on a front. Some people may see through it but others may not. They may really believe that you are OK about things! Your inner volcano has been bubbling for some time, you have been wrestling with the dilemma between desired change and achievable change. This week will see you make inroads into balancing the two.

Virgo

You know deep down in your heart where it is you want to be, what you want to achieve and who you want to be with. You are a little reticent about taking that first step towards your desired goal but trust me you have to take it. No one will do it for you. Buck up and move on!

Libra

You will need to remove any negative thoughts from your mind if you are to get anywhere this week. You feel in desperate need of spiritual fulfillment. So clear out that metaphorical messy cupboard. Do this and you can then focus on the literary, artistic and spiritual rather than the temporal only then will you feel emotionally sated.

Scorpio

This week the "fixer" needs to focus on fixing themselves. This is a good week to investigate diets and draw up an exercise plan. No not the starve yourself to death kind of diet and have a heart attack on the treadmill. Be sensible! Got issues? A good week for talking things through with the loved one in your life.

Sagittarius

You have been on some sort of inner journey as of late and now feel that you know where you are headed. This is great. The question is: are you taking this journey alone or is someone coming along with you? Whatever you decide you will need to let those close to you know where they stand. Uncomfortable but necessary.

Capricorn

You may think you are racing down hill when in reality you are freewheeling! Be careful you may come to a bumpy stop. Yes we do control to some extent our own destiny but some forces are just too powerful for us. When we encounter these forces we need support both physical and spiritual. Make sure you ask for it.

Aquarius

Guess what? Sometimes hard work is rewarded and it looks like you are now in luck. Projects you have been working on for some time are beginning to come to fruition and the results are nothing if not positive. You are entering a period where you feel more directed and challenged than you have for some time. Enjoy.

Pisces

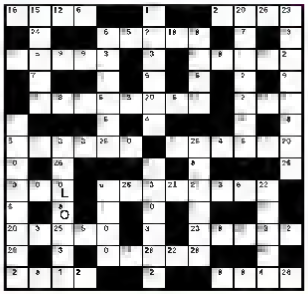
You may not be creative but you are certainly organized. You may not be inventive but you are a skill full and articulate negotiator. Remember these positives when others try to get you to adjust your plans to their desires. Some flexibility is good, even necessary. Too much will make you feel powerless and stressed. Stand your ground.

Brain Gym

No.126

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18 O
6	19
7	20
8	21
9	22
10 L	23
11	24
12	25
13	26

Last week's solutions:

1 V	2 L	3 E	4 Y	5 C	6 F	7 D	8 R	9 M	10 I	11 Q	12 O	13 K		
14 T	15 J	16 A	17 P	18 N	19 W	20 S	21 G	22 B	23 X	24 Z	25 U	26 H		

Wordsquare

O	O	L
S	A	R
I	B	U

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 'ing' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average
20 words - good
25 words - very good,
30 or more - excellent.

Last week's solutions:

oxide, order, chaer, chi-reel, cheque, chequered, creed, cruder, cruel, cure, cured, decree, deer, deuce, ecru, educe, euchre, heed, herd, here, hued, queer, reeds, reduce, reed, ruche, ruds, ruled

Double Crossword

Choose either quick or cryptic clues

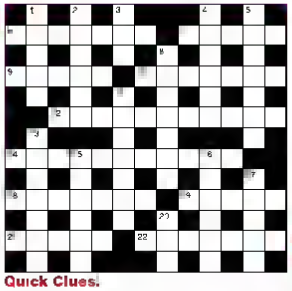
Cryptic Clues:

Across

6. Direct way for joining the buzzer to a telephone connection (3-4)
7 & 22Ac. Wool-gatherer (5-7)
8. Luggage carried by elephant (5)
10. Boarding-house that provides for one who has retired (7)
12. Supplying more men to check coercion (11)
14. The writer is about to restrict the powers that be (11)
16. Not in agreement with anti-gas disturbance (7)
18. Describing the sort of discipline that comes from a master nowadays? (5)
21. Broadcaster (5)
22. See 7 Across

Down

1. See 3 Down
2. A member of the fair sex (6)
3 & 1Dn. The insect tolerates the aardvarks (3,5)
4. Singular version of natural science that provides a remedy (6)
5. Tell what happens at a close election (7)
9. Arranges expatriation of Flemish near the dock areas (7)
11. Dismantle? (7)
13. The lad is about to encourage the operator (7)
15. Welcomed and provided with a cold shower? (6)
16. Additional changes for special editions (6)
17. Had an irritating effect brought before the court (5)
20. Pitch reserved (3)



Quick Clues:

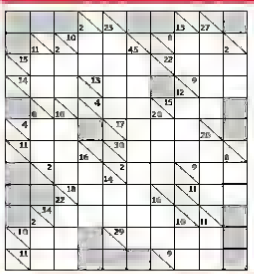
Across

6. Propriety (7)
7. Rush out suddenly (5)
8. Call for (5)
10. Refined (7)
12. Mix together (11)
14. Intelligence (11)
16. Flagrant (7)
18. Perfect (5)
21. Coneur (5)
22. Qualified (7)

Down

1. Answer (5)
2. Idea (6)
3. Purchase (3)
4. Slang (6)
5. Expressionlessly (7)
6. A region's weather (7)
11. Abundant (7)
13. Likeness in certain respects (7)
16. Vent (6)
16. Severe trial (6)
17. Match (5)
20. Pale (3)

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solution:

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions >

From top to bottom: Simple, Intermediate, Difficult

Simple

2		9	7		4			1
	5		9		1		4	
		6		2				9
9	2			1			3	8
		4				9		
7	3			8			2	6
			1			6		
	4	8	3		6		7	
6			5		8	1		3

Intermediate

		2	4		9	6		
		6	1					9
	5	4		2		8		1
2								
	9	3	8	6	1	4		
								6
7		9		3		1	5	
4			9		7	3		
		1			5			

Difficult

	9				6	7	4	
		3		7		6		
					8			2
			7		5			
1		5				9		6
			1		2			
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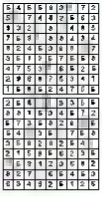
		6		8		5		
	7	4	6				1	

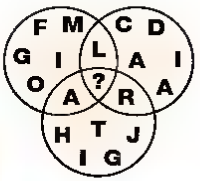


Last week's solutions

CRYPTIC... Across 1 Reductions, 7 Iron out, 8 Eighteen, 10 Sweeping, 11 Fort, 13 Casket, 15 Tucker, 17 Iran, 18 Optonic, 21 Nebulae, 22 Irons. 23 Persistence. Down 1 Purge, 2 Decipher, 3 Colony, 4 Ergo, 5 Network, 6 Dissection, 9 Naturalist, 12 Diversion, 14 Sextile, 16 Appeal, 18 Noose, 20 Abet. QUICK... Across 1 Preference, 7 Eject, 8 Plump, 10 Extend, 11 Less, 13 Tussle, 15 Portal, 17 Rear, 18 Prospect, 21 Express, 22 Brave. 23 Despondent. Down 1 Fast, 2 Entirely, 3 Empley, 4 Ban, 5 Crescent, 6 Defeatists, 9 Fear, when, 12 Possible, 14 Steeple, 16 Prism, 19 Exact, 20 Deep

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions:

The letter represented by the question mark is Q. Racquets, Croquet, Bezique, all games

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off.

	R			
				R
A				
		R		
			S	

A

F	R	A	N	E
T	E	F	A	R
C	O	R	S	E
S	E	R	T	E
R	F	F	R	S

B

Last week's solutions

Octet, Crane, Tapas, Enact, Tests

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Neighbour disputes reach boiling point

AS A NATION we are complaining more and becoming less willing to compromise Wrigley Claydon Solicitors say this is evident with the increasing number of neighbour disputes which they are helping to resolve.

Litigation specialist solicitor at Wrigley Claydon, Shalish Mehta comments, "You don't have to be going through a bitter divorce or family rift to be involved in regular disputes these days. All you need is a disagreement over who owns a four-inch strip of land and you can be at loggerheads for years with your neighbours. As well as causing you heartache, such fights can cost you dearly and even make your house unsaleable."

Shalish explains, "The main causes of disputes are entrenched attitudes, a higher expectation of quiet, incompatible lifestyles with neighbours, lack of modern sound insulation and more powerful sound equipment. Boundary disputes over tiny bits of land can flare up when triggered by another cause such as leaves from one's tree falling into a neighbour's garden or a disagreement over parking."

How to avoid a dispute

If you want to prevent boundary disputes you should get an exact map of your land and borders drawn up by a surveyor when you buy a property.

Be very much on your guard if the person you buy your house from says there is an ongoing dispute with the neighbours. There is a standard declaration for vendors to alert you to this, and if they conceal a problem they are guilty of misrepresentation and may have to subsequently reimburse buyers for any costs incurred as a result.

Also look at the terms of your lease if you have one. You will see that in many cases floors have to be carpeted and you will be breaking the terms of the lease if you strip them down to the wood. If you have any plans to sell up in the near future think twice about starting a row with your neighbour.

Making a complaint

If you do make a complaint and then disclose it, we would usually advise potential buyers to not complete the purchase until the issue is resolved. However, if you live next to a fanatic the issue may never be resolved.

Even complaining to your local environmental health officer could leave you in a similar position. Of such complaints, about one in six eventually leads to an officer issuing an abatement order, and getting to that stage can take months as you have to prove the problem is a continuing one and not just a one-off.

Should you find yourself embroiled in a dispute with a neighbour, Shalish outlines how to proceed.

Mediation

One solution would be to mediate. The process starts when one party approaches the Mediation Service. A mediator will then pay you a visit, talk the issues over with you and approach the other party, usually by letter. Parties can then choose to have either "face-to-face" or "shuttle" mediation, where the mediator acts as a go between.

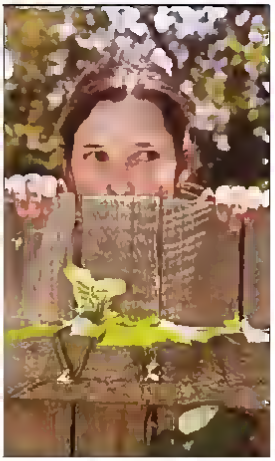
Once an agreement – either verbal or written – is reached, the mediator backs off. They check back in a month to make sure the agreement is holding up.

Mediation services can be free if funded by councils or charities, but it depends where you live. If they are not free the cost will be around £1000.00 without the use of lawyers. Both parties must reach agreement about splitting the cost early on, but either way it is, as far cheaper than going to court.

Court

Taking someone to the County Court is expensive and time consuming.

If you are determined to proceed to court then consult an experienced solicitor such as Wrigley Claydon. We will discuss with you various ways to fund your claim including purchasing legal expenses insurance whereby an insurer may agree to fund part of your claim subject to your claim having a reasonable prospect of success.



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Is there room for improvement when selling? The kitchen tops the list

A WELCOMING kitchen is one of the major attractions for potential homebuyers – whether it is the family focal point or a singleton's stylish space.

The kitchen has long been the heart of the home, and according to the National Home Improvement Survey 2013, it is the room that most people would like to improve.

Thirty five per cent of respondents selected the kitchen as their preferred space for a spruce up over of the living room (19.6 per cent), the bathroom (18.8 per cent) or the bedroom (18.2 per cent).

With this latest evidence reinforcing the kitchen's strong position, there may be some ways that sellers can maximise the attraction to buyers, add value to the home and even speed up the sale – without a complete kitchen overhaul.

Harrison Murray head of estate agency Nick Salmon said: "Replacing your entire kitchen to attract buyers is not always necessary or indeed wise. Often the cost of installing a new kitchen outweighs the value it will add to the asking price. Like all home decor, the kitchen will still be subject to personal taste, so if it doesn't appeal to your buyers, they will refit it on moving in anyway. Some cost-effective tips on making the most of your kitchen:

Spruce up an out dated kitchen through simple changes like replacing or painting the cupboard doors, handles or taps.

Don't overlook the finishing touches, re-grouting tiles can give the kitchen a new lease of life.

Clean and de-clutter. Make sure work surfaces are clean when viewers visit and ensure any washing up is cleared away.

Give the feeling of space by removing gadgets out of sight if possible.

Ensure any bins are emptied and cleaned.

If you have a pet, it may be a good idea to move food/ water bowls outside – just in case your potential buyer is put off by pets.

Fresh flowers on the windowsill create a welcoming atmosphere and show you care!

Other findings of the National Home Improvement Survey 2013 (conducted by consumer finance specialist Creation) include:

Solar panels were voted ahead of roof insulation as the favoured form of eco-friendly home improvement (45.2 per cent).

A total of 22.9 per cent of respondents chose summer as the time to carry out home improvement projects compared with 40.4 per cent opting for spring.

The majority of homeowners (34.3 per cent) expected to spend between £1,001 and £2,500 on home improvements within a 12-month period.

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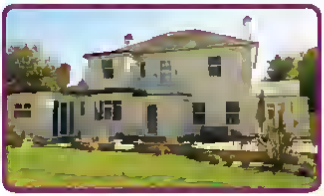
ALDWICK BAY ESTATE £795,000

An elegant Georgian style det residence situated in the premier thoroughfare of the Aldwick Bay private marine estate approx 150 yards from the private beach. The property has been made the subject of a programme of refurbishment & remodelling in recent years. G.F.H, a new slate roof with enhanced insulation, modernised electrics including external power points to the front and rear, u.P.V.C. double glazing. Thermafill cavity wall insulation, entrance hall, cloakrm, 25' triple aspect lounge, a triple aspect garden rm, bright & spacious dual aspect kitchen/dining rm, separate utility rm, a study/office, a master bedrm with en suite shower rm, 3 further bedrooms, a bathrm, garage & good sized remodelled & restocked gardens with a new block paved drive & wrought iron gates. EPC rating is D



CRAIGWEIL PRIVATE ESTATE £895,000

An impressive detached residence situated on a large double plot believed to be in the region of one acre, approx. 400 yards from the beach. G.F.H., leaded light effect glazing, entrance hall, reinforced oak effect triple aspect lounge, large dual aspect sun room, hobbies room, dining room, study/gr fl bedrm with en suite shower rm, kit/breakfast rm, utility area with laundry room, garden room, galleried landing, 3/4 double bedrooms, refitted shower room, double garage with workshop/storage rm, carport, large front garden with parking for several vehicles, superb secluded rear garden amounting to almost 3/4 s of an acre with tennis court, summer houses and garden shed. EPC RATING D

ALDWICK £500,500

A spacious and interesting attached property situated in a small private marine estate with access to the beach. The property which would benefit from some refurbishment comprises the West wing of approx half of the original detached house. G.F.H. & solar panels, majority effective glazing, impressive dual aspect open plan living rm plus sep. dining area, sun rm, kit/breakfast area, shower rm, first fl reception rm, first floor kitchenette, master bed with en suite shower rm, 2 further bedrms, bathrm, effective garage and good sized grdns with access to a small copse which is collectively owned by the residents. EPC RATING E

ALDWICK £325,000

A three bedroom first floor apartment in development of six enwalled gardens, immediately adjacent to the beach, gas central heating, u.P.V.C. double glazed, carpets, cloakroom, lounge/dining room with library area, South facing balcony, kitchen, master bedroom with en suite bathroom and dressing area, second bathroom, garage. UNOBSTRUCTED SEA VIEWS. EPC rating is C

ALDWICK £289,500

A detached bungalow situated in a cul-de-sac within half a mile of shops and the beach. The specification includes gas fired heating, double glazing, dual aspect living room, extended kitchen with utility/study area, two double bedrooms one with en suite shower room, good sized bathroom, garage and gardens to three sides. EPC RATING D

ALDWICK BAY ESTATE £272,500

A very well presented first floor apartment situated in a small development approx. 150 yards from the private marine estate. The apartment has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. double glazing, dual aspect living rm with windows to South and West, attractive kit/breakfast rm, two bedrms, fully tiled shower rm, garage in nearby compound and use of landscaped communal gardens. EPC RATING C

ALDWICK £149,950

A one bedroom close care apartment in the grounds of the Royal Ray care and nursing home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home. The property has been recently refurbished with new carpets, replacement shower room, refurbished kitchen and an internal redecoration. Gas c.h., double glazing, living room and a communal laundry room. EPC rating is C

Motors

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New tyre recycling initiative hits the road

A NEW recycling initiative is giving motorists the chance to help the planet when it comes to changing their worn out tyres.

Only those tyre retailers who meet a strict set of guidelines and adhere to industry best practice will be able to display the coveted 'Responsible Retailer' badge which has just been launched and already has the backing of the influential organisations including Motor Codes, the government backed self-regulatory body for the motor industry, as well as the Independent Garage Association's 'Trust My Garage' scheme and the Environment Agency.

Drivers using a 'Responsible Retailer' can have total confidence that the tyres being removed from their vehicle are being dealt with and reprocessed in a legal and environmentally friendly manner.

Mike Wilson, president, Tyre Recovery Association, said: "Historically, drivers didn't really know what happened to their old tyres once they were removed from their vehicle. However, from now on, if they go to a 'Responsible Retailer' they can have the confidence that their tyres are being disposed of legally, and perhaps more importantly, in an environmentally friendly manner as possible."

In order to earn the 'Responsible Retailer' status, garages will be independently audited to ensure the waste tyres they generate are collected by authorised handlers who then dispose of them in the proper manner.

Each year, drivers in the UK generate some 40 million waste car and van tyres which have reached the end of their life. Long gone are the days of dumping them in landfills as has been made illegal since 2000.

The good news, however, is that through the small environmental charge paid by to tyre retailers by drivers changing their tyres, this has resulted in many innovative and different ways to find new uses for waste tyres, including being recycled for carpet underlay, running tracks and artificial sports pitches.

Drivers looking to find the location of their nearest 'Responsible Retailer' or more information about tyre recycling can visit tyrerecovery.org.uk.

More practicality for Swift Sport - now with five doors

THE SWIFT SPORT is the performance flagship of the Swift model range and offers higher levels of tuning, steering and braking performance than the standard Swift on which it's based. The sporting experience combined with low cost of ownership has earned it many devoted fans around the world. For the 2013 model update, and in response to customer demand, Suzuki is introducing the five door model to provide further practicality and seating for five.

Befitting its status as the performance flagship of the Swift model range, it reflects the pursuit of even better handling, driving performance, environmental compatibility and an uncompromising focus on quality. Overall, it offers a rewarding experience of Suzuki's sporting DNA.

Suzuki launched the Swift Sport in a growing number of Countries in 2012 and sales in the UK are 1,200 units per annum, of which around 450 units will be the five door model. Swift Sport volume accounts for 10 per cent of the total for the Swift range.

The Swift Sport's M16A engine offers power combined with low emissions. The engine has a variable intake system and an optimised intake VVT (Variable Valve Timing) for increased valve lift, maximum output is an impressive 100kW (136PS) and maximum torque is 160Nm at an engine speed of 4,400 rpm enabling the driver to enjoy superb performance across the rev range. The engine's high output is combined with excellent fuel economy of 44 mpg on the Combined EC Cycle with CO_2 emissions of 147g/km. The Sport is fitted with a six speed manual transmission as standard and has a bespoke exhaust system with twin tailpipes, one on each side of the rear diffuser.

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Sport

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Straight from the commentary box

Another piece in the jigsaw

Johnny Cantor

THE SIGNS look good. After relative inertia over the last few weeks the recruitment drive is starting to bear fruit. Defender Adam El Abd has agreed a new contract at the Albion, and then Matthew Upson signed a one year contract as a free agent this week after leaving Stoke City. Both helped the Seagulls to the most frugal defence in the Championship last season. Wayne Bridge will be missed after agreeing to make the switch to Reading but if they can find a reliable left back (no mean task) the defence in front of Thomas Kruszack looks solid.

Of course it's not just about the back 5. Liam Bridcutt, voted player of the season for both of the last 2 years is pivotal to making the team tick. The work rate of strikers like Craig Mackail-Smith and Leonardo Ulloa also made life very difficult for opposing teams whilst they were in possession and long may that continue.

Bridcutt certainly has his suitors but hopefully will help Albion have another tilt at promotion this year. The building blocks are in place and there will probably be more new faces before August 3rd when the new campaign begins. If Albion can hold onto their prize possessions like Bridcutt, Buckley and perhaps entice David Lopez to return they should feel confident heading to Elland Road for the first match.

Sadly the local media hasn't been offered the opportunity to interview Oscar Garcia or any of the players since the Spaniards arrival. I don't know how involved he will be with the recruitment process but he will certainly have a strong foundation on which to base his first year in the UK. The squad has remained largely intact. Oscar Garcia may not have heard of Ian Drury but he has 'Reasons to be cheerful 1,2, 3'.

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Golf

US Open Champion inspires junior victory

A FEW GOLF TIPS from newly crowned US Open champion Justin Rose has helped talented seven-year-old Goodwood junior, Harry Callow, to his fourth tournament win of the season

Harry is a member of Golf At Goodwood's widely acclaimed Junior Excellence programme that is supervised by renowned resident teaching professional Ryan Fenwick.

The new US Open champion is an ambassador for Goodwood and met Harry while giving a group clinic to some of the 60 junior members – average age 12 years old – who regularly receive golf coaching at the venue

Harry scored his latest victory over the famous Sunningdale course on the Trail Blazers Junior Tour which aims to set boys and girls on the right path for their golfing futures and has strong support from the golf industry

Goodwood's reputation for the highest standards in golf tuition has also attracted some of the best junior talent from elsewhere including 15 year old Marco Penge from Worthing who is already an England under-18 International player.

Marco recently captured the Fairhaven Trophy, acknowledged to be one of the major events in British junior golf, when he won a dramatic four hole play-off at the Lancashire venue and declared "This my biggest win so far". By coincidence he was able to study Justin Rose at close range because he caddied for the new champion on his recent visit

As part of this on-going commitment to its junior programme, Goodwood is hosting a Golf At Goodwood Family Day on Saturday 27 July.

The event runs from 1.45pm to 6pm, and is open to all families and their children who want to learn more about the sport and Goodwood's junior programme. The day will feature a series of activities including Tri Golf (using extra light clubs and balls making it ideal for very young children), putting, chipping, competitions under the guidance of the Goodwood PGA Team. The day will culminate with a prize-giving, barbeque and buffet at The Goodwood Bar & Grill in The Goodwood Hotel

The cost of the afternoon, including all equipment, coaching and the BBQ is £15 for adults and £7.50 for children

Justin Rose and Harry Callow

For bookings email felicity.ward@goodwood.com or telephone 01243 755130

For more information about Golf at Goodwood and Justin Rose's involvement, contact: www.goodwood.com/golf

Cricket

City impress against Horsham

PREMIER DIVISION

There were runs galore at Chichester where visitors Horsham set a tough target of 270 for 8 declared. Matt Geffen was the pick of the bowlers, he took 4 for 87. But Chichester set about their task with gusto and won the game at 274 for 7 with 77 from Chris Kirkham and 62 from Ashton Turner, Michael Munday, for Horsham took 6 for 81.

DIVISION TWO

Bexhill beat Middleton by one wicket as Josh Beesley hit a six off the penultimate ball. Middleton posted 245 for 9 with 108 from Will Burrows and 63 from Rob Williway. But the late win for Bexhill, albeit a narrow one, came at 246 for 9.

DIVISION THREE ROUND-UP WEST

Shirlands beat Steyning with a 155 run victory. Ben Buckley made a defiant 58 for Steyning but 5-36 from Anthony Ender ensured they were bowled out for 102. Pagham and Henfield tied with the visitors bowled out for 233. Pagham had earlier lost 8 wickets

Arundel's season continued to be winless after they were beaten by Crawley Eagles. Arundel reached 206 thanks to Richard James making 50 but Adil Mustafa took 6-36 for Eagles

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